

## **Seared Ahi Salad**

Courtesy of Crushed



- 4 oz Ahi Tuna
- 1 1/2 ounces of Extra Virgin Olive Oil (EVOO)
- 8 oz of Arugula
- 2 oz of julienne red bell peppers
- 2 oz of julienne carrots
- 2 oz cranberries
- 1/2 an orange
- 1/2 of a Wonton Strip
- 3 oz of orange vinaigrette

### **Orange Vinaigrette Dressing**

- 1 orange
- 1 cup of Apple Cider
- 1/2 cup of honey
- 1 cup of EVOO
- Salt & pepper to taste

To make the salad:

Toss all ingredients into a mixing bowl (excluding the wonton and Ahi) with the dressing.

The ahi is seared with 1 1/2 ounces of EVOO for 12 seconds on each side, cooked rare.

Then plate and top off with a lightly fried wonton.