

## Seared Katsuo Steak with Tomato-Shiso Sauce

かつおのたたきステーキ トマトしそソース

Serves: 2 | Style: Japanese-Mediterranean Summer Dish

### Ingredients

#### Fish & Vegetables:

- 350 g katsuo tataki block (かつおのたたき)
- 180–200 g cherry tomatoes (ミニトマト), halved
- 4 asparagus spears (アスパラ)
- 5 shiso leaves (青じそ), finely sliced
- 3–4 basil leaves (バジル), thinly sliced
- 1 small garlic clove (にんにく), grated

#### Sauce & Seasonings:

- 1 T low-sodium soy sauce
- 1 T water
- ½ tsp balsamic vinegar
- Zest of ½ lemon or small amount yuzu zest
- Coarse black pepper
- 1 T olive oil
- 8–10 g butter
- Pinch salt + MSG blend

#### Optional Side Dishes:

- Barley-rice blend
- Rosemary bread
- Simple cucumber salad

### Instructions

1. **Preheat** air fryer to **190°C** for **3–4 minutes**.
2. Toss **asparagus** lightly with **olive oil**, **black pepper**, and tiny pinch **salt + MSG blend**.
3. Air fry asparagus at **190°C** for **4–5 minutes** until lightly blistered.
4. In bowl combine:
  - Cherry tomatoes
  - Shiso
  - Basil
  - Garlic
  - Soy sauce
  - Water
  - Balsamic vinegar
  - Lemon or yuzu zest
  - Black pepper
5. Let tomato mixture sit while cooking fish.
6. Pat katsuo dry.
7. Slice into thick steak-like pieces.
8. **Heat skillet** until **very hot**.



9. Add small amount **olive oil**.
10. Sear **katsuo** very briefly.
  - About **20–30 seconds per side only**.
  - Fish should remain mostly rare inside.
11. Remove fish immediately to serving plate.
12. **Reduce heat slightly**.
13. Add **butter** to same pan.
14. Add **tomato mixture**.
  - Cook only about **30–45 seconds**.
  - Tomatoes should soften slightly but still hold shape.
15. Spoon tomato-shiso sauce over katsuo.
16. Serve immediately with **asparagus** and desired **side dishes**.

### Notes

- Katsuo tataki is already partially cooked and should only be briefly seared.
- Air fryer asparagus gives much better flavor than steaming.
- Combining shiso and basil creates an elegant Japanese-Mediterranean flavor profile.
- Tiny amount balsamic vinegar deepens tomato flavor without becoming obviously Western.
- This dish is best eaten immediately while the fish remains tender.

### Nutrition

**Per serving (without optional sides):** Kcal: 420 | Protein: 43 g | Fat: 19 g | Sat Fat: 4 g | Carbs: 12 g | Sugars: 6 g | Fiber: 3 g | Sodium: 620 mg | Omega-3: 2.0 g

**Total dish:** Kcal: 840 | Protein: 86 g | Fat: 38 g | Sat Fat: 8 g | Carbs: 24 g | Sugars: 12 g | Fiber: 6 g | Sodium: 1240 mg | Omega-3: 4.0 g