

Tuna with Avocado Aioli and Beet Salad

For the Aioli

Ingredients:

- * 1 Large Avocado
- * 2 Garlic Cloves
- * 1 teaspoon Dijon mustard
- * Lemon Zest
- * 3 tablespoons Lemon Juice
- * ¼ teaspoon Sea Salt
- * ¼ teaspoon Black Pepper
- * 60ml Olive Oil

Directions:

1. Peel and stone the avocado, then place into a mixing bowl or mixer. Add the garlic, mustard, lemon zest, lemon juice, salt, and pepper.
2. Mix with an immersion blender, hand mixer, or food processor until very smooth.
3. Once mixed, very slowly begin to pour in the olive oil as a steady stream. Continue mixing until the oil is fully incorporated and emulsified into the aioli.
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Recipe originally from: www.occasionallyeggs.com/avocado-aioli

Prepping the Tuna

Ingredients:

- * 2 Tuna Steaks
- * A few tablespoons Liquid Aminos (a substitute for Soy Sauce)

Directions:

1. Marinate the steaks in the liquid aminos for 40 minutes. Any longer and the aminos may make the tuna too salty.
2. Heat a skillet or cast iron pan on high. Cook the steaks for 2 minutes on each side; this is about medium-rare.
3. Allow tuna to rest for a few minutes before slicing down into strips. Serve with salad.

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For the Beet Salad

Ingredients:

- * 4 to 5 Beets (medium-sized)
- * Extra-virgin Olive Oil
- * 2 Cups Salad Greens, Arugula, or Spring Mix
- * ½ Shallot, thinly sliced
- * ½ Green Apple, thinly sliced
- * ¼ Cup Toasted Walnuts
- * 2 Ounces Goat Cheese, torn
- * Microgreens, optional
- * Balsamic Vinaigrette
- * Flaky Sea Salt
- * Freshly Ground Black Pepper

Directions:

1. Preheat your oven to 400 F
2. Wrap each beet in a piece of foil and drizzle generously with olive oil and pinches of salt and pepper. Place the beets on a baking sheet and roast for 40 to 90 minutes, or until soft and fork-tender.
3. Remove the beets from the oven, remove the foil, and set aside to cool. When they are cool to the touch, peel the skins. Chill in the fridge until ready.
4. Slice the beets into inch thick rounds. Assemble the salad with the greens, shallots, apples, beets, walnuts, cheese, and microgreens (if using). Drizzle with the balsamic vinaigrette. Season with flaky sea salt and pepper.