

**Recipe Provided by Chez Philippe  
Chef Reinaldo Alfonso**

**Seared Tuna Loin**

With Baby Potatoes, Arugula, Green Beans,  
Radishes, Tomatoes and Whole Grain Mustard Vinaigrette  
Yields 4 Servings

**Ingredients:**

- 1.25 lbs. Tuna Loin, Skin Off
- 4 oz. Green Beans
- 8 oz. Fingerling Potatoes
- 4 ea. Radishes
- 2 ea. Tomatoes
- 1 lb. Baby Arugula
- 2 tbsp. Whole Grain Mustard
- 2 tbsp. Red Wine Vinegar
- ¼ cup Extra Virgin Olive Oil
- 1 ea. Shallot
- 1 tbsp. Pimenton, or Smoked Spanish Paprika, Hot or Sweet
- Salt and Pepper

**Method of Preparation:**

- **Prep the Vegetables:** Cut the potatoes into bite size pieces. Place in pot and cover with water and add salt. Bring to a boil and cook until potatoes are fork tender. Remove from the water and set aside to cool.
- Bring another pot of salted water to a rolling boil. Trim the green beans and cut into 1 inch pieces. Boil for 3 to 5 minutes or until tender. Strain from the hot water and submerge in ice water to stop the cooking. Strain again and set aside.
- Cut the tomatoes into bite size pieces. Set aside.
- Trim the arugula of its stems and wash and dry. Keep cool.
- Slice the radishes and place in cool water. Set aside.
- **Make the vinaigrette:** In a small container with a lid add the whole grain mustard, red wine vinegar, finely diced shallot, olive oil and salt and pepper. Cover with a lid and shake to mix the ingredients together. You can make this up to one week ahead and just keep in the refrigerator. Just shake like you would store bought dressing.
- When ready, season the tuna with salt, pepper and the smoked paprika. Place a sauté pan over high heat and add some vegetable oil. When oil smokes, sear each side of the tuna for about 30 seconds. When all sides of the tuna are browned, place on a plate and cover with plastic wrap and allow to rest for 10 minutes. Remove plastic wrap after ten minutes. At this point you can place the cooked tuna in the refrigerator and use the next day if you want.
- To serve, mix the tomatoes, radishes, arugula, potatoes and green beans in a bowl. Season with salt and pepper and toss with some of the vinaigrette. Divide the salad among four plates.
- Slice the tuna across the grain and place about 5 oz. on each plate. Drizzle some of the vinaigrette over the tuna and enjoy.