



Pesto Genovese with Seared Tuna

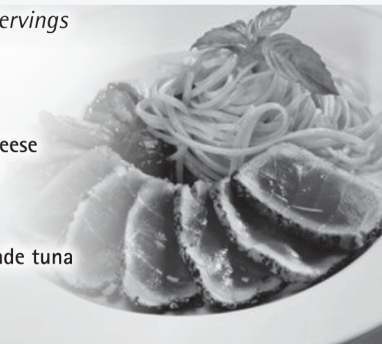
By Chef Dave Bland

Pesto Ingredients: *2 Servings*

30 fresh basil leaves
1 T pine nuts
1 garlic clove peeled
¼ cup extra virgin olive oil
2 T grated Parmigiano-Reggiano cheese
2 T grated Pecorino Romano cheese
Sea salt and black pepper to taste

Remaining Ingredients:

Two 6 oz pieces of fresh sashimi grade tuna
3 oz white wine
10 oz cooked linguine pasta
4 oz heavy cream, optional



Directions: Place the basil, pine nuts, olive oil, garlic, 2 tablespoons of water and 1 large ice cube in a blender until smooth. (The ice cube will keep the blade from cooking the green basil.) Next transfer the mixture to a mixing bowl and fold in the cheese and season with salt and pepper to taste.

Season the tuna on each side with salt and pepper. Sear the tuna in a sauté pan with a little oil until both sides are browned. Then set aside. Deglaze the pan with 3 oz of white wine and add 2 large spoons of the pesto. Allow the pesto to smooth out in the wine and add the pasta. Add the cream if desired and serve the pasta with the tuna.

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Amount Per Serving

Calories	711.6
Total Fat	32.2 g
Saturated Fat	7.1 g
Polyunsaturated Fat	7.2 g
Monounsaturated Fat	15.4 g
Cholesterol	138.2 mg
Sodium	273.3 mg
Potassium	670.1 mg
Total Carbohydrate	42.0 g
Dietary Fiber	3.0 g
Sugars	0.2 g
Protein	62.6 g