Spring Mix Salad with Spicy Yellow Fin Tuna

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This salad is a wonderful Asian influenced entree salad with Yellow Fin Tuna and colorful vegetables. You can omit the Cowboy seasoning step if you'd like less heat and you can also substitute chicken breast for the tuna if you like.

Ingredients

1	pkg.	Ninos Spring Mix Greens
12	oz.	Yellow Fin Tuna Fillet
2	Tbsp.	Ninos Cowboy Seasoning Rub
2	Tbsp.	Vegetable Oil
1	e.a	Red Bell Pepper
0.50	cup	Matchstick Carrots
0.50	cup	Bean Sprouts
0.50	cup	Red Onion
0.50	cup	Yellow Squash
0.50	cup	Crisp Chow Mein Noodles
-	DRESSING	
0.75	cup	Teriyaki Sauce
0.25	cup	Sesame Oil
1	Tbsp.	Ginger
2	tsp.	Garlic
1	e.a	Jalapeno
0.25	cup	Cilantro

Preparation

1. Season Yellow Fin tuna steak on both sides with the Cowboy Seasoning Rub.
2. Heat a small, non-stick skillet with the 1 Tbsp. vegetable oil and sear on both sides to brown and create a crisp crusted surface. Cook tuna to your desired doneness, (Medium Rare to Well Done), then cool.
3. Once cool, break apart Tuna into 1/2" to 1" pieces.
4. Toss all salad garnish ingredients together including the tuna and Spring mix.
5. Combine all dressing ingredients together in a separate bowl and whisk well.
6. Pour dressing over greens and toss.
7. Garnish with Chow Mein Noodles and serve.

Notes

No Description available

Preparation time	5 min	**Difficulty**	very simple
Portions	4 servings	**Amount**	
Country/Region		**Costs per portion**	

Vegetarian	No	**Lactose free**	No
Dietary	No	**Gluten free**	No
Calorie		**Kilojoules**	
Fat		**Bread Units**	
Protein		**Carbohydrates**	