

Two steak size pieces of wild caught, yellowfin (yellowtail) tuna, approximately one pound in weight.

Organic panko or regular breadcrumbs, your choice.

1 ethically raised egg.

Organic grated parmigiano.

1/8 stick of organic unsalted butter.

Organic, garlic infused olive oil.

1 organic grapefruit.

2 organic lemons.

Organic balsamic vinegar.

Max's Chunky Chipotle Sauce.

Organic mixed greens.

The first thing you have to do is marinate the yellowfin (incorrectly known as yellowtail) for two hours before you intend to cook it. Any longer and the acid will overcook the fish, making it hard on the edges. Squeeze the juice from the two lemons through a strainer, into a glass dish. Drop in the yellowfin, coat, cover and place in the fridge.

When you're ready to cook the fish, peel and segment the grapefruit and place it to one side.

Crack the raw egg onto a plate and mix thoroughly with a fork.

Place an equal amount of breadcrumbs and parmigiano together on a separate plate, mixing well.

Using a paper towel, pat the yellowtail dry and dip it into the egg, making sure it's well coated all over.

Next, place the fish into the panko/parmigiano mixture and coat all over, pressing down gently to make sure it sticks. Put to one side and wait a few minutes for it adhere.

In a measuring cup or small bowl, place an equal amount of Max's Organic Chunky Chipotle Sauce, balsamic vinegar and organic olive oil, and whisk together.

Heat a skillet on high. Add the 1/8 stick of butter and two tablespoons of garlic olive oil, making sure the butter does not burn. Now carefully place both pieces of coated yellowtail side-by-side into the pan, and set timer for ninety seconds.

Pour the chipotle salad dressing over the greens, toss and plate.

Using tongs, carefully, gently, turn the fish over and cook for another minute, then thirty seconds on the remaining, uncooked sides. Remove and place on your cutting board, letting it rest for about a minute, then slice as shown and plate. It will be rare, so if that's not your cup of tea, cook a little longer until you reach your desired level of doneness. Garnish with the grapefruit segments as shown and serve. Yummy.