

MARINATED TUNA STEAK

Tuna is a very mild-flavored fish, making it ideal for taking on the flavors of a marinade. While you can always just brush it with oil and season it, marinating does tend to transform your dish and provide more variety. This recipe uses lemon, but you could use lime, as well. High-quality tuna is usually served rare at a restaurant, with a good sear on either side. Overcooking tends to dry it out, so if you don't want it rare, just be sure to watch it closely. As a side note - this marinade also works well on most types of fish. One serving is 3 oz. cooked and covers your protein and fat for one meal.



INGREDIENTS

2 tuna steaks

1/4 cup avocado oil

3 Tbsp organic Tamari (gluten-free soy sauce) or Coconut Aminos

2 Tbsp fresh lemon juice

1tsp Dijon mustard

1tsp grated lemon peel

1clove garlic, crushed

Pink Himalayan sea salt & ground pepper, to taste

INSTRUCTIONS

Prick the tuna with a fork and place in a shallow dish.

Whisk oil, Tamari or coconut aminos, lemon juice, Dijon mustard, lemon peel and garlic together in a bowl and pour over tuna steaks. Cover and refrigerate for 1-3 hours.

Remove tuna, shaking off excess marinade and place on a plate, pour the marinade into a small pan and bring to a boil. Reduce heat and simmer for 10 minutes.

While the marinade is simmering, preheat the grill/pan to medium heat and lightly oil the grate/pan.

Add tuna to grill/pan, basting with the boiled marinade as the tuna cooks. For rare, cook for 2-2.5 minutes on each side.

Otherwise cook 4-6 minutes on each side for every 1/2-inch thickness of the steak.