



Marinated & Seared Tuna

Prep Time 10 minutes
Cooking Time 2 minutes
Serves 6

Ingredients

- 1kg Tuna portions or steaks
- 2 T soy sauce
- 2 T lemon juice
- 1 T toasted sesame oil
- 2 t garlic powder
- 2 t white sugar
- 1 t salt
- 1 t fresh cracked pepper
- Oil for cooking
- Freshly chopped spring onion or coriander for garnish
- Can be served with cooked rice and steamed broccoli

Method

- In a bowl, whisk together the soy sauce, lemon juice, sesame oil, garlic powder, white sugar, salt and pepper to make a marinade
- Use kitchen towel to dry the tuna and place in a shallow dish
- Pour over the marinade and tuna the tuna to coat thoroughly.
- Cover and refrigerate of at least 1 hour turning once
- Heat 3 T of oil in a flat-bottomed heavy fry pan until very hot (smoking)
- Sear the tuna for around 1.5 minutes per side and flip with a flat metal spatula.
- Transfer the Tuna to a cutting board and allow to rest for around 10 minutes
- Slice thinly with a sharp knife against the grain.
- Serve chilled garnished with sesame seeds, spring onions or coriander
- Also tasty with a sriracha mayo