



Seared Ahi Tuna Recipe

Make seared Ahi Tuna, as good as any found in a restaurant, in only a few minutes! Yummy, spoil yourself with a healthy treat!!

Prep Time: 5 min

Cook Time: 10 min

Ready In: 15 min

Serving Size: 4 servings

Ingredients

- ✓ 2 (5 ounce) ahi tuna steaks
- ✓ 1 teaspoon kosher salt
- ✓ ¼ teaspoon cayenne pepper
- ✓ ½ tablespoon butter
- ✓ 2 tablespoons olive oil
- ✓ 1 teaspoon ground pepper

Directions

1. Season the tuna steaks with salt, pepper and cayenne pepper.
2. Melt the butter with the olive oil in a skillet over medium high heat. Wait for the pan to get good and hot, about 5 minutes. Gently place the seasoned tuna in the skillet and cook to desired doneness, 1 ½ minutes per side for rare.

Nutrition

Amount per serving

- ❖ Calories: 151
- ❖ Total Fat: 9 g
- ❖ Total Carbs: 0.5 g
- ❖ Protein: 17 g
- ❖ Cholesterol: 36 mg
- ❖ Sodium: 517 mg