



Grilled Teriyaki Tuna

Jacob · 29/09/2024



Prep Time

30 mins

Difficult

Medium

Servings

45 mins

Description

Yellowfin tuna is always delicious when grilled This is great at a tailgate party or at your Saturday afternoon summer barbecue You can add a little cayenne pepper or minced fresh ginger to the marinade to give it a little extra kick

Ingredients

— - 1 cup teriyaki sauce - $\frac{3}{4}$ cup olive oil - 2 tablespoons minced garlic - 1 teaspoon ground black pepper - 4 (4 ounce) fillets yellowfin tuna

Instructions

1. In a large resealable plastic bag
2. combine the teriyaki sauce
3. oil
4. garlic
5. and pepper. Place the tuna fillets in the bag. Seal the bag with as little air in it as possible. Give the mix a good shake
6. to ensure the tuna fillets are well coated. Marinate for 30 minutes in the refrigerator. Meanwhile
7. preheat an outdoor grill for high heat
8. and lightly oil grate. Remove tuna from marinade
9. and place on grill. For rare tuna
10. grill for 3 to 5 minutes on each side. For medium
11. grill 5 to 8 minutes per side. For well done
12. grill for 8 to 10 minutes per side. Note Cooking times will vary depending on the thickness of the fillets and the heat of the grill. Check the doneness of the fish by making an incision with a knife and checking the color in the middle. Note The nutrition data for this recipe includes information for the full amount of the marinade ingredients. Depending on marinating time
13. ingredients
14. cooking method
15. etc.
16. the actual amount of the marinade consumed will vary.