



Grilled Yellowfin Tuna with Marinade

Oscar · 29/09/2024



Prep Time

1 hr

Difficult

Medium

Servings

1 hr 30 mins

Description

This yellowfin tuna recipe features a citrusy marinade that can be used with most fish

Ingredients

- - 4 (6 ounce) yellowfin tuna steaks - ½ cup vegetable oil - ½ cup soy sauce - ¼ cup fresh lemon juice - 2 teaspoons Dijon mustard - 1 teaspoon grated lemon peel - 1 clove garlic
- crushed - 4 wedges lemon
- for garnish

Instructions

1. Gather the ingredients. Prick tuna steaks all over with a fork and place in a shallow glass baking dish. Whisk together oil
2. soy sauce
3. lemon juice
4. Dijon mustard
5. lemon peel
6. and garlic in a bowl; pour over tuna steaks. Cover the dish with plastic wrap and refrigerate for 1 to 3 hours. Preheat the grill to medium heat and lightly oil the grate. Remove tuna from marinade; shake excess marinade from steaks and transfer to a plate. Pour marinade into a small saucepan; bring to a boil. Reduce heat to medium-low and simmer marinade for 10 minutes. Cook tuna on the preheated grill
7. basting with boiled marinade
8. until cooked through
9. 5 to 6 minutes per side. Serve with lemon wedges. Editor's Note: The nutrition data for this recipe includes the full amount of the marinade ingredients. The actual amount of the marinade consumed will vary.