

## Blackened Tuna Steaks with Mango Salsa

Savannah · 30/09/2024



### Prep Time

3 hrs

### Difficult

Medium

### Servings

3 hrs 55 mins

### Description

This delicious and simple dish will make your dinner guests think you're a true gourmet chef. It works great with fresh or frozen fish.

### Ingredients

- 2 tablespoons olive oil - 2 tablespoons lime juice - 2 cloves garlic
- minced - 4 tuna steaks - 1 fresh mango - peeled
- pitted
- and chopped - ¼ cup finely chopped red bell pepper - ½ Spanish onion
- finely chopped - 1 green onion
- chopped - 2 tablespoons chopped fresh cilantro - 1 jalapeno pepper
- seeded and minced - 2 tablespoons lime juice - 1 ½ teaspoons olive oil - 2 tablespoons paprika - 1 tablespoon cayenne pepper - 1 tablespoon onion powder - 2 teaspoons salt - 1 teaspoon ground black pepper - 1 teaspoon dried thyme - 1 teaspoon dried basil - 1 teaspoon dried oregano - 1 tablespoon garlic powder - 4 tablespoons olive oil

### Instructions

1. Whisk together the olive oil
2. lime juice
3. and garlic in a bowl. Rub the tuna steaks with the mixture. Place the steaks in a sealable container and chill in refrigerator 3 hours. Combine the mango
4. bell pepper
5. Spanish onion
6. green onion
7. cilantro
8. and jalapeno pepper in a bowl; stir. Add the lime juice and 1 1/2 teaspoons olive oil and toss to combine. Chill in refrigerator 1 hour. Stir together the paprika
9. cayenne pepper
10. onion powder
11. salt
12. pepper
13. thyme
14. basil
15. oregano
16. and garlic powder in a bowl. Remove the tuna steaks from the refrigerator and gently rinse with water and then dip each side of each steak in the spice mixture to coat. Heat 2 tablespoons olive oil in a large skillet over medium heat. Gently lay the tuna steaks into the hot oil. Cook the tuna on one side for 3 minutes; remove to a plate. Pour the remaining 2 tablespoons olive oil into the skillet and let it get hot. Lay the tuna with the uncooked side down into the skillet and cook another 3 minutes; remove from heat immediately. Spoon about 1/2 cup of the mango salsa onto each of 4 plates. Lay the tuna steaks atop the salsa and serve immediately. Charlotte's Mom