

Tuna Steaks with GarlicHerb Cream Sauce

Jacob · 28/09/2024



Prep Time

15 mins

Difficult

Medium

Servings

2

Description

Tuna steaks are dressed up with a dreamy garlicherb cream sauce I served mine on top of wilted spinach

Ingredients

— - 1 tablespoon unsalted butter - 2 (5 ounce) tuna steaks - 1 pinch salt and ground black pepper to taste - ? cup fat-free half-and-half - ¼ cup garlic and herb spreadable cheese (such as Alouette) - 1 teaspoon lemon juice - 2 cups fresh spinach

Instructions

1. Heat a nonstick skillet over medium heat. Add butter; melt. Season tuna steaks with salt and pepper; place in the skillet and cook 3 to 4 minutes per side. Transfer to a serving plate; keep warm. Add half-and-half and cheese to the skillet; stir until incorporated. Stir in lemon juice. Reserve 2 tablespoons sauce; set aside. Add spinach to the skillet; cook and toss with sauce until wilted
2. 1 to 2 minutes. Divide spinach between two plates; top with tuna steaks. Serve reserved sauce over tuna steaks.