

Savory PanSeared Tuna Steaks

Jacob · 28/09/2024



Prep Time

20 mins

Difficult

Medium

Servings

35 mins

Description

These panseared tuna steaks are served mediumrare and taste fancy but are very easy to cook A sprinkling of cracked black pepper is a good finisher for this dish This makes for a quick and delicious dinner after a long day with almost no effort

Ingredients

- - ¼ cup soy sauce - ¼ cup extra-virgin olive oil - 2 tablespoons lemon juice - 2 teaspoons Asian (toasted) sesame oil - 2 teaspoons molasses - 1 teaspoon cayenne pepper
- or more to taste - 6 thin slices fresh ginger
- minced - 2 cloves garlic
- minced - 2 1-inch-thick tuna steaks
- thawed

Instructions

1. Mix soy sauce
2. olive oil
3. lemon juice
4. sesame oil
5. molasses
6. cayenne pepper
7. ginger
8. and garlic together in a bowl. Place tuna steaks in a large resealable plastic bag or airtight container; pour marinade over steaks
9. coat with marinade
10. and seal. Marinate steaks at room temperature for 20 minutes. Heat a nonstick pan over medium heat. Remove steaks from marinade and discard any remaining marinade. Arrange steaks in the hot pan; gently shake the pan to avoid sticking. Cook for 1 1/2 minutes. Flip and cook 1 minute more. Cook's Note The marinade can be made in a bowl the night before
11. covered
12. and refrigerated overnight. In the morning
13. shake the marinade
14. pour it into a bag
15. add the tuna steaks
16. squeeze out any excess air
17. and seal the bag. Refrigerate all day and remove the bag from the refrigerator 20 minutes before cooking. You can substitute brown sugar or honey
18. but I've tried all three and think molasses is the best. You can also substitute 1 teaspoon of ginger powder
19. but fresh ginger is much better. Editor's Note: The nutrition data for this recipe includes the full amount of marinade. The actual amount consumed will vary.