



Blackened Tuna

Oscar · 28/09/2024



Prep Time

20 mins

Difficult

Medium

Servings

6

Description

This blackened tuna recipe is very simple but its my favorite way to have tuna Seared fish steaks are a Cajun tradition

Ingredients

- - 1 ½ pounds fresh tuna steaks
- 1 inch thick - 2 tablespoons Cajun seasoning - 2 tablespoons olive oil - 2 tablespoons butter

Instructions

1. Generously coat tuna steaks on both sides with Cajun seasoning. Heat oil and butter in a large skillet over high heat until nearly smoking. Arrange tuna steaks in the skillet and cook until blackened on one side
2. about 3 to 4 minutes. Flip and cook until desired doneness is reached
3. 3 to 4 more minutes. An instant-read thermometer inserted into the center should read 140 degrees F (60 degrees C) for medium-rare.