

Ahi Tuna Steaks

PREP TIME 5 mins
MARINADE TIME 4 hrs
TOTAL TIME 4 hrs 5 mins
SERVINGS 2

INGREDIENTS

Tuna Steak Marinade

- ¼ cup Soy sauce Low sodium
- 2 tbsp Sesame oil
- 2 tbsp Rice wine vinegar
- 2 tbsp Honey
- 1 pinch Salt
- 1 pinch Black pepper
- ½ tsp Cayenne pepper

Pineapple Salsa

- ⅓ Pineapple cored and diced
- 1 Large Jalapeño seeded and diced
- ⅔ Red bell pepper seeded and diced
- ½ Red onion diced
- ½ bundle Cilantro finely chopped
- 3 tbsp Extra virgin olive oil
- 3 tbsp Red wine vinegar
- 1-2 tbsp Pineapple tequilla hot sauce
- 1 tbsp Kosher salt

INSTRUCTIONS

1. Combine all your ingredients together for the tuna marinade. Whisk together and place to the side for a quick moment.

2. Pat your tuna steaks dry and place them in a container for marinating. Add in the marinade and mix well. Seal and place in the fridge for a minimum of 4 hours.
3. When you get your tuna steaks in the marinade go ahead and start prepping your pineapple salsa. Earlier the better because you want the salsa to sit for a few hours in the fridge, this will allow the ingredients to blend well for enhanced flavor.
4. Create the salsa by adding all the prepped salsa ingredients into a larger mixing bowl and stir with a wooden spoon. Make sure to stir well.
5. Place the salsa in the fridge and patiently wait.
6. Now that your 4 hours has expired, start your charcoal because you want to have a blazing hot cast-iron surface for a quick tuna steak sear.
7. Remove the tuna steaks from the marinade and keep them on the steaks so it acts as a binder, add the toasted sesame seeds on top and bottom.
8. Use a flat top cast iron griddle and get it up to 500-550 degrees. Coat with avocado oil for searing.
9. Place the tuna steaks once the surface is 500-550 degrees and sear for 1 min per side. You can push to 1 min 30 seconds but this tuna is sushi-grade and safe to eat raw.
10. Remove the tuna steaks and slice for serving, plate and add your pineapple salsa.
11. Serve and enjoy with family/friends!