

Pan-Seared Tuna Steaks with “Melted” Lemon- Caper Sauce



This fast, healthy, and delicious seared tuna dish comes together in one pan and is ready in less than 30 minutes. Serve with a mixture of seasoned cucumbers, tomatoes, and red onion for a light and refreshing meal.

Tip: It can be tricky to select healthy and environmentally sustainable seafood options at the grocery store. Check out SeafoodWatch.org to find options you can feel good about serving.

Ingredients:

- 3 T. extra virgin olive oil, divided
- 4 6-oz. sushi-grade tuna steaks, approximately 3/4” thick
- Salt and black pepper, to taste
- 1 medium shallot, finely chopped
- ¼ c. dry white wine
- ½ c. chicken broth
- 2 T. fresh lemon juice
- 1 organic lemon, sliced thin
- 3 T. capers, drained

Directions:

1. Heat two tablespoons olive oil in a large skillet over medium-high heat. Add tuna steaks to hot skillet and cook for approximately 2 minutes for rare (add one minute per side for medium).
2. Flip tuna and season with salt and black pepper, to taste. Cook for another 2-3 minute, depending on desired level of doneness. Transfer tuna steaks to a plate and season with additional salt and black pepper, if desired. Keep warm.
3. Add remaining olive oil and chopped shallots to skillet, Sauté, stirring occasionally, until shallots are soft and start to turn golden brown, approximately 3 minutes.

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Prep time: 10 minutes
Cook time: 15-18 minutes
Serves: 4

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Directions (continued):

4. Add white wine, chicken broth, lemon juice, and lemon slices to skillet. Deglaze pan by scraping up any brown bits from the bottom with a spatula. Cook, stirring frequently, until the liquid is reduced by half.
5. Reduce heat to medium and add capers. Stir to combine and cook for another minute or until heated through.
6. Transfer the tuna steaks onto individual serving plates and top with a “melted” lemon slice and a spoonful of the lemon-caper sauce and serve immediately with your favorite sides. Enjoy!



. “To avoid sickness eat less; to prolong life worry less.” – Chu Hui Weng