

Pan-Seared Tuna with Avocado, Soy, Ginger, and Lime



Ingredients

2 big handfuls fresh cilantro leaves, finely chopped

1/2 jalapeno, sliced

1 teaspoon grated fresh ginger

1 garlic clove, grated

2 limes, juiced

2 tablespoons soy sauce

Pinch sugar

Sea salt and freshly ground black pepper

1/4 cup extra-virgin olive oil

1 (6-ounce) portion Tristan ULT Tuna

1 ripe avocado, halved, peeled, pitted, and sliced

Directions

In a mixing bowl, combine the cilantro, jalapeno, ginger, garlic, lime juice, soy sauce, sugar, salt, pepper, and 2 tablespoons of olive oil. Stir the ingredients together until well incorporated.

Place a skillet over medium-high heat and coat with the remaining 2 tablespoons of olive oil.

Season the tuna generously with salt and pepper. Lay the tuna in the hot oil and sear for 1 minute on each side to form a slight crust.

Pour 1/2 of the cilantro mixture into the pan to coat the fish. Serve the seared tuna with the sliced avocado and the remaining cilantro sauce drizzled over the whole plate.