



Asian - Style Tuna Steak Marinade



2 Servings



30 minutes

Ingredients :

- Fresh tuna steaks
- Soy sauce
- Sesame oil
- Fresh ginger , grated
- Garlic , minced
- Lime juice or rice vinegar
- Honey or brown sugar
- Black pepper



Instructions :

1. Place the tuna steaks in a shallow dish and pat them dry with a paper towel .
2. In a small bowl , mix soy sauce , sesame oil , lime juice , honey , ginger , garlic , and black pepper until well combined .
3. Pour the marinade over the tuna steaks and gently turn to coat both sides evenly .
4. Let the tuna marinate for 20 minutes at room temperature for best flavor .
5. Heat a pan over high heat and lightly oil the surface .
6. Sear the tuna steaks for 1 to 2 minutes per side until the outside is cooked and the center stays tender .
7. Remove from heat , rest for a minute , then slice and serve warm .