

# TUNA STEAKS



## INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Raw Ahi Tuna Steaks	2	Coconut Amino	2 Tbsp.
Olive Oil	1 Tsp.	Lime Juice	1 Tbsp.
Salt and Black Pepper	To Taste	Water	1 Tbsp.
Green Onions, Thinly Sliced	2	Garlic Cloves, Minced	½ Tsp.



## PREPARATION

- ☛ Season the tuna steaks with salt and black pepper on both sides.
- ☛ Heat the olive oil in a large skillet over medium-high heat.
- ☛ Once the oil is hot, add the tuna steaks to the skillet and cook for 2-3 minutes on each side, until browned outside but still pink in the middle. Remove the tuna steaks from the skillet and set aside.
- ☛ In the same skillet, add the green onions and garlic and sauté for 1-2 minutes until fragrant.
- ☛ Add the coconut aminos, lime juice, and water to the skillet, and bring to a boil. Let the sauce simmer for 1-2 minutes until slightly reduced.
- ☛ Add the tuna steaks back to the skillet and spoon the sauce over the top. Cook for an additional 1-2 minutes until the tuna is heated through and the sauce has thickened slightly.
- ☛ Serve the tuna steaks with the sauce spooned over the top and garnished with additional green onions if desired.
- ☛ Enjoy!