GRILLED SOY-GINGER AHI TUNA

Try this simple, Asian-inspired recipe for a high-end dinner with minimal effort. With lots of good protein this is perfect for a post workout or main dish meal!
Prep Time: 20 Minutes Cook Time: 5 Minutes

Ingredients:

- 1 tablespoon fresh lime juice
- 2 tablespoons soy sauce
- 2 teaspoons sesame oil
- 1 (1-inch) [piece fresh ginger, sliced
- 2 (6 ounces each) sushi-grade ahi tuna steaks, about 1-inch each
- ½ teaspoon ground pepper
- 1 green onion, thinly sliced



Directions:

1. In a small bowl, whisk together the fresh lime juice, soy sauce and sesame oil. Pour the mixture into a large resealable plastic bag. Add the ginger slices
2. Season the ahi tuna steaks with pepper, transfer to the bag and seal the bag-marinate for 15 minutes.
3. Transfer the marinade to a medium glass bowl and microwave for 1 minute
4. Heat a nonstick skillet, cast iron skilled or grill pan over medium-heat. Sear the fish until the desired degree of doneness is reached, about 2 minutes per side
5. Thinly slice the ahi. Garnish with green onions and serve with the heated marinade

Nutritional Information: Serving size: 1 tuna steak and sauce | Calories 232.5 | Total Fat 6.8g | Saturated Fat 0.6g | Cholesterol 90mg | Sodium 962.2mg| Carbohydrate 7.7g | Fiber .4g | Sugar 0.3g | Protein 38.5g

Check out this week's recipe here: https://www.cookincanuck.com/grilled-soy-ginger-ahi-tuna-recipe/