

Marinated Seared Ahi



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Here's the most amazing Marinated Seared Ahi you can make at home! It's bursting with flavor, super easy to make, and fantastic as an appetizer or healthy dinner.

Ingredients

- 2 tablespoons regular strength soy sauce
 - 2 tablespoons freshly squeezed lemon juice
 - 1 tablespoons Asian toasted sesame oil (found in the Asian aisle)
 - 2 teaspoons garlic powder
 - 2 teaspoons granulated sugar
 - 1 teaspoon kosher salt
 - 1 teaspoon freshly cracked black pepper
 - 2 to 2 1/2 lbs fresh ahi tuna steaks, about 1 1/2-1 2/3 inches thick
 - oil for cooking
- Optional: freshly chopped cilantro, green scallions, sesame seeds for garnish.
- Optional: Sriracha mayo for drizzling (really good!)

Method

1. In a bowl, whisk together the first 7 ingredients to make a marinade. Towel dry tuna steaks and place in a glass or ceramic dish. Pour marinade over the fish, turning to coat well throughout. Cover tightly and chill several hours to overnight; turn fish over at least once in the middle of marinade time.

2. Heat 3 TB oil in a large heavy skillet (aluminum or stainless steel; not nonstick) until oil is smoking. Sear ahi steaks 1½ minutes per side on high heat, taking care to flip carefully with a flat, steel spatula. (If your tuna is less than 1½ inches thick, sear for only 1 minute per side.)

3. Transfer seared ahi to a large cutting board and let rest/cool 10 minutes. Use a very sharp (serrated works well) knife to slice thinly across the grain.

4. Serve chilled or at room temp, over your favorite salad greens. Sprinkle with sesame seeds and cilantro or green onions, if desired. Drizzle with Sriracha mayo if desired.

Notes

Seared ahi is best eaten on same day. However, leftovers can be tightly wrapped and chilled for up to 1 day. A good quality Riesling is superb with this dish!

Prep

- Prep: 10 Minutes
- Cook: 2 Minutes
- Total Time: 12 Minutes

Source: Chew Out Loud (4 servings)