

Ferraro's Cucina

Seared Tuna Steak with Lemon Dill Sauce Ingredients

- 1 Lb Tuna Steaks (thawed)**
- 2 Tb Olive Oil**
- Salt/Pepper**
- Lemon Dill Sauce**
- Juice of 1/2 Lemon**
- 1 teaspoon Fresh Chopped Dill**
- 2 Tablespoons Olive Oil**
- Small Pinch Salt/Pepper**
- 1/2 teaspoon Whole Grain Dijon Mustard**
- 1 teaspoon Honey**

Preparation

- Allow tuna steaks to sit at room temperature for 30 minutes before cooking.
- Coat tuna steaks with olive oil, salt and pepper while preheating skillet over Medium heat.
- Cook steaks approximately 4 minutes per side (depending on thickness)
- Combine all lemon dill sauce ingredients until fully blended.
- Serve tuna steaks with lemon dill sauce.
- Enjoy!

