

Seared Tuna Steak with Lemon Garlic Sauce

A simple yet elegant seared tuna steak, complemented by a bright lemon garlic sauce. This dish is perfect for a healthy, protein-rich main course that's quick to prepare.



Main Dish

15 min

Total time

Easy

Difficulty

250

kcal / serving

Ingredients

- 1 tuna steak (about 150g)
- 1 tbsp olive oil
- Salt and pepper to taste
- 1 garlic clove, minced
- 1 tbsp lemon juice
- 1 tsp butter
- Fresh parsley for garnish (optional)

Steps

- 1 Pat the tuna steak dry and season both sides with salt and pepper.
- 2 Heat olive oil in a skillet over medium-high heat.
- 3 Place the tuna steak in the pan and sear for 2-3 minutes on each side, until the outside is browned but the inside is still pink.
- 4 Remove the tuna and set aside.
- 5 In the same pan, reduce heat to medium and add butter and minced garlic.
- 6 Sauté garlic until fragrant, about 1 minute.
- 7 Stir in lemon juice and cook for another 30 seconds.
- 8 Pour the lemon garlic sauce over the tuna steak.
- 9 Garnish with fresh parsley if desired and serve immediately.