

Seared Tuna with Citrus Glaze

This succulent seared tuna is glazed with a tangy citrus sauce, creating a burst of flavors in every bite. It's a perfect main dish for seafood lovers.



Main Dish

15 min

Total time

Medium

Difficulty

300

kcal / serving

Ingredients

- 1 fresh tuna steak
- 2 tablespoons soy sauce
- 2 tablespoons orange juice
- 1 tablespoon honey
- 1 teaspoon grated ginger
- 1 clove garlic, minced
- 1 tablespoon vegetable oil
- Salt and pepper to taste

Steps

- 1 In a small bowl, whisk together soy sauce, orange juice, honey, ginger, and garlic.
- 2 Season the tuna steak with salt and pepper.
- 3 Heat vegetable oil in a skillet over medium-high heat.
- 4 Sear the tuna steak for 1-2 minutes on each side, until browned but still pink in the center.
- 5 Pour the citrus glaze over the tuna and cook for an additional 1-2 minutes, until the glaze thickens slightly.
- 6 Remove from heat and let the tuna rest for a few minutes.
- 7 Slice the tuna and serve with additional glaze on top.