

Seared Ahi Tuna with Avocado

Serves 4.

4 6-8 oz. grill grade Ahi tuna steaks

2 ripe avocados, sliced

Sauce

1 jalapeño pepper, seeded and minced

1/2 cup chopped cilantro leaves

3 teaspoons ginger, grated

3 cloves garlic, minced

1/4 cup fresh lime juice

1/3 cup soy sauce

1/4 teaspoon sugar

1/4 cup olive oil

Salt and pepper, to taste

In a mixing bowl, combine all sauce ingredients and stir to combine well.

Heat deep skillet over medium-high heat and coat pan with about four tablespoons of olive oil. Lightly salt and pepper the Ahi steaks. Sear tuna for a minute on each side. Pour half the sauce into the pan and coat the tuna. Transfer seared tuna to plates and garnish with the avocado slices and remaining sauce.

Variation: This method of preparation also works well when the tuna is served on a bed of salad greens; instead of garnishing the individual plates with the remaining sauce, pass it separately as a salad dressing.