



## SEARED TUNA WITH TROPICAL FRUIT SALSA

SERVES 4

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### Ingredients

4- 5 OZ PIECES AHI TUNA, PREFERABLY #1  
GRADE

TROPICAL FRUIT SALSA- SEE RECIPE

BROWN RICE- SEE RECIPE

### Method

PREHEAT A SAUTE PAN. SEASON BOTH SIDES  
WITH SALT AND PEPPER. ADD 1 OR 2 TBS.  
COOKING OIL TO PAN.

SEAR TUNA FOR ABOUT 25-30 SECONDS ON  
BOTH SIDES. SERVE WITH BROWN RICE AND  
TROPICAL FRUIT SALSA.

