

# SEARED TUNA WITH GINGER & LIME



## QUICK

Less than 10  
mins prep  
time

## HEALTHY

The protein in tuna is a complete protein, so it contains all the essential amino acids we need to build and repair muscles and tissues.

## FAMILY



Feeds 5

## MEALS

Delicious served with a salad and wholemeal rice. Great for packed lunch the next day too.

## INGREDIENTS

- 5 tuna steaks
- 2 large handfuls coriander - chopped
- ½ red chilli – chopped finely
- 3 cm fresh ginger - minced
- 2 fat garlic cloves - minced
- Juice of 2 limes
- 2 tbs soy sauce
- 2 tbs oil – sesame/olive/rapeseed
- S & P

## METHOD

- 1) Put your wholemeal rice/pasta/noodles onto cook
- 2) In a bowl mix the coriander, red chilli, ginger, garlic and lime juice, soy sauce, oil and s&p
- 3) Season the tuna steaks on each side
- 4) Heat 1 tbs oil till **hot** and cook the steaks for **one minute only**
- 5) Turn the steaks over, pour over the sauce and cook for **one minute only**
- 6) Serve - it should be pink/red in the middle



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to [www.quickhealthyfamilymeals.com](http://www.quickhealthyfamilymeals.com)