



WHATSheATE



## Korean-Style Seared Tuna



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



337 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 4 ahi tuna steak ( 2 pounds in all)
- ☐ 0.5 cup chicken broth low-sodium homemade canned
- ☐ 2 tablespoons cooking oil
- ☐ 3 cloves garlic minced
- ☐ 0.5 teaspoon pepper black
- ☐ 0.1 teaspoon pepper dried
- ☐ 0.5 teaspoon salt
- ☐ 1 spring onion green chopped

- ☐ 1 teaspoon sesame oil
- ☐ 3 tablespoons soya sauce
- ☐ 1 teaspoon sugar

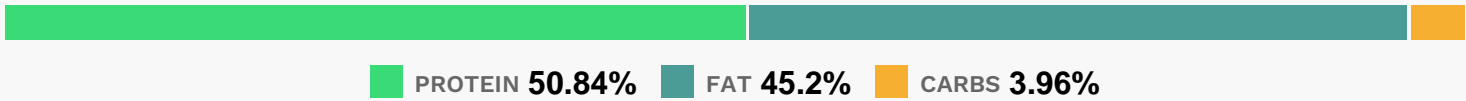
## Equipment

- ☐ bowl
- ☐ frying pan

## Directions

- ☐ In a small bowl, combine the soy sauce, sugar, red-pepper flakes, and broth.
- ☐ Sprinkle the fish with the salt and black pepper.
- ☐ Heat the cooking oil in a large frying pan over moderately high heat.
- ☐ Add the tuna and cook until brown, about 3 minutes. Turn and cook the fish until done to your taste, 3 to 4 minutes longer for medium rare.
- ☐ Reduce the heat to moderately low and put the sesame oil in the pan. Stir in the scallion and garlic and cook, stirring, for 1 minute.
- ☐ Add the soy-sauce mixture; simmer until reduced to approximately 1/3 cup, about 2 minutes.
- ☐ Cut the tuna into slices and serve with the sauce.
- ☐ Fish Alternatives: Salmon fillets or steaks will also go well with this highly seasoned sauce.
- ☐ Test-Kitchen Tip: We like fresh tuna cooked to a succulent medium rare. If you prefer your tuna cooked through, just add a few more minutes to the cooking time. Be careful not to overcook it, though, or it will most assuredly be dry.
- ☐ Wine Recommendation: An aromatic white wine with just a touch of residual sweetness will buffer the spiciness of this dish and balance the saltiness from the soy sauce. Try a luscious sauvignon blanc from New Zealand or California.

## Nutrition Facts



## Properties

Glycemic Index:44.77, Glycemic Load:1.08, Inflammation Score:-10, Nutrition Score:29.73782598454%

## Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

## Nutrients (% of daily need)

Calories: 337.31kcal (16.87%), Fat: 16.56g (25.47%), Saturated Fat: 2.86g (17.85%), Carbohydrates: 3.26g (1.09%), Net Carbohydrates: 2.94g (1.07%), Sugar: 1.36g (1.52%), Cholesterol: 64.6mg (21.53%), Sodium: 1121.89mg (48.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.9g (83.8%), Vitamin B12: 16.06µg (267.67%), Selenium: 62.53µg (89.32%), Vitamin B3: 15.69mg (78.45%), Vitamin A: 3761.11IU (75.22%), Vitamin D: 9.69µg (64.6%), Phosphorus: 463.33mg (46.33%), Vitamin B6: 0.84mg (41.76%), Vitamin B1: 0.42mg (28.28%), Vitamin B2: 0.46mg (27.19%), Magnesium: 92.39mg (23.1%), Vitamin E: 2.98mg (19.89%), Vitamin B5: 1.86mg (18.62%), Potassium: 504.31mg (14.41%), Iron: 2.24mg (12.43%), Vitamin K: 11.85µg (11.29%), Copper: 0.19mg (9.65%), Manganese: 0.17mg (8.45%), Zinc: 1.15mg (7.68%), Calcium: 25.22mg (2.52%), Folate: 7.88µg (1.97%), Vitamin C: 1.27mg (1.54%), Fiber: 0.32g (1.27%)