

DINNER

Mater's Mississippi Tuna Melt

18 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
155 min	20 min	135 min	4	\$7.38	1,212 kcal



Need a pescatarian main course? Mater's Mississippi Tuna Melt could be an amazing recipe to try. For \$7.38 per serving, this recipe covers 43% of your daily requirements of vitamins and minerals. One portion of this dish contains around 58g of protein, 79g of fat, and a total of 1212 calories. This...

Ingredients

- ☐ 24 ounce tuna steaks

☐ ¾ cup canola oil (must be room temperature)

☐ ¼ teaspoon dry mustard

☐ 3 tablespoons (or enough as needed) extra virgin olive oil (approximately 1 tablespoon to brush on the fish and 2 for the bread)
- ☐ 1 tablespoon balsamic vinegar

☐ ¼ pound American artisanal Cheddar (such as Grafton Village Classic Reserve), sliced 1/8-inch thick with a cheese plane

☐ 2 large egg yolks

☐ 4 stalks fennel, thinly sliced

☐ 1 tablespoon minced fresh dill

☐ 1 fresh lemon

☐ ¼ teaspoon salt

☐ 6 scallions, white and tender green parts only

☐ 0.1 teaspoon Pinch white pepper

☐ 1 loaf Italian bread, sliced in 1/2 lengthwise

☐ 1 fresh lime

☐ 4 servings Salt and freshly ground black pepper, to taste

☐ 4 servings Tomato soup, as an accompaniment

EQUIPMENT Bowl, Oven, Blender, Grill, Broiler, Microwave

Method

- 1 Make the aioli and begin marinating the tuna early in the day. Microwave the lemon and lime in a small bowl to release the essential oils and set aside just long enough to be able to handle. Meanwhile, through the feed tube of a running blender, add 1 at a time, the egg yolks, dry mustard, salt, and white pepper. By this time, the micro-waved lemon and lime should be cool enough to handle. Leaving the blender running, squeeze the juice from half of 1 lemon through the feed opening, then add the oil in a slow stream.
- 2 Remove to a bowl and refrigerate.
- 3 Season the tuna steaks with salt and pepper, place them in a nonreactive container and squeeze the rest of the lemon and the lime over them. Cover and refrigerate for 2 hours.
- 4 Heat the grill or preheat the broiler in the oven.
- 5 Brush the marinated tuna with 1 tablespoon or so of olive oil. Cook until browned, until fish flakes with a fork, 3 to 6 minutes per side, and then let rest. Leave grill hot or oven on to toast bread.
- 6 Brush olive oil (about 1 tablespoon per half) on Italian bread and toast lightly, either on the grill or under broiler.
- 7 Flake the tuna, place in a bowl with scallions and fennel and fold in the aioli. Spoon tuna mixture onto the toasted Italian bread, drizzle a small amount of balsamic vinegar over, and top with Cheddar.
- 8 Heat briefly in the oven to melt cheese.
- 9 Garnish with fresh dill. This is great served with fresh tomato soup, if desired.

Nutrition per serving

1,212

KCAL

58 g

PROTEIN

79 g

FAT

67 g

CARBS

Saturated Fat	32.2 g · 201% of daily needs
Fibre	5.9 g · 23% of daily needs
Sugar	37.4 g · 42% of daily needs
Sodium	833 mg · 36% of daily needs
Cholesterol	185 mg · 62% of daily needs
Vitamin C	23.4 mg · 28% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/maternal-mississippi-tuna-melt-143606