



Pan-Grilled Tuna Steaks

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



4

CALORIES



150 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons soya sauce reduced-sodium
- 2 teaspoons asian sesame oil toasted ()
- 1.3 pounds tuna dry rinsed cut (ahi)

Equipment

- frying pan

Directions

- Cut tuna into 4 equal pieces.
- Place a 10- to 12-inch nonstick frying pan over high heat. When pan is hot, add tuna and cook on each side, turning once, until browned on the surface, gray to about 1/4 inch in, and still red in the center (cut to test), 4 to 5 minutes total.
- Spoon noodle mixture equally onto plates and top with tuna.
- Mix soy sauce and sesame oil, then drizzle over tuna to taste.
- Chinese noodles with shiitakes: In a 10- to 12-inch nonstick frying pan over high heat, stir 1/2 pound stemmed, rinsed, drained, and sliced fresh shiitake mushrooms, 1/2 cup chopped onion, and 1 tablespoon minced fresh ginger until onion is limp, about 5 minutes.
- Add 2 cups fat-skimmed chicken broth, 2 cups water, and 1 pound rinsed and drained fresh Chinese, Shanghai-style, or udon noodles (about 1/4 in. thick). Bring to a boil and stir occasionally until noodles are barely tender to bite, 6 to 7 minutes. Meanwhile, rinse, stem, and string 1/2 pound Chinese pea pods.
- Add to pan, stir, and cook 1 minute more. Stir in 1/3 cup prepared oyster sauce and 2 teaspoons Asian (toasted) sesame oil.
- Buckwheat noodles with macadamias: In a 10- to 12-inch nonstick frying pan over high heat, frequently stir 1/3 cup coarsely chopped roasted, salted macadamia nuts until golden brown, 3 to 4 minutes.
- Pour from pan; set aside. In same pan over high heat, bring 1 1/2 cups fat-skimmed chicken broth and 2 cups water to a boil.
- Add 1/2 pound dried buckwheat noodles (soba) and cook until just tender to bite, 6 to 7 minutes. Stir in 3 tablespoons lime juice, 1/3 cup thinly sliced green onions, and 1/4 cup chopped fresh cilantro.
- Sprinkle each serving with macadamias and garnish with cilantro sprigs and lime wedges.
- Spinach noodles provençal: In a 10- to 12-inch nonstick frying pan over high heat, stir 1 tablespoon olive oil, 6 minced drained anchovy fillets, 3 minced cloves garlic, and 1 cup sliced onion until onion is limp, about 5 minutes. Stir in 1 can (28 oz.) diced tomatoes with juice, 2 cups water, 1/2 pound dried spinach noodles, 1/2 cup chopped pitted calamata olives, and 1 tablespoon chopped fresh thyme leaves. Stir occasionally until noodles are just tender to bite, 10 to 12 minutes. Stir in 1/4 cup chopped parsley.

Nutrition Facts

  

 PROTEIN **77.32%**  FAT **21.11%**  CARBS **1.57%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:15.467391391163%

Nutrients (% of daily need)

Calories: 149.81kcal (7.49%), Fat: 3.36g (5.16%), Saturated Fat: 0.6g (3.78%), Carbohydrates: 0.56g (0.19%), Net Carbohydrates: 0.5g (0.18%), Sugar: 0.04g (0.04%), Cholesterol: 51.03mg (17.01%), Sodium: 598.43mg (26.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.66g (55.31%), Selenium: 96.14µg (137.35%), Vitamin B3: 14.15mg (70.76%), Vitamin B12: 3.64µg (60.72%), Vitamin B6: 0.47mg (23.32%), Phosphorus: 207.47mg (20.75%), Iron: 2.48mg (13.75%), Vitamin D: 1.7µg (11.34%), Magnesium: 38.12mg (9.53%), Vitamin B2: 0.14mg (7.97%), Potassium: 277.64mg (7.93%), Zinc: 1mg (6.66%), Copper: 0.07mg (3.6%), Vitamin E: 0.53mg (3.52%), Vitamin B1: 0.05mg (3.05%), Manganese: 0.06mg (3.04%), Calcium: 27.91mg (2.79%), Vitamin B5: 0.24mg (2.35%), Folate: 9.19µg (2.3%), Vitamin A: 80.8IU (1.62%)