

DINNER

Seared Tuna and Spring Greens Pizza with Ginger-Lime Dressing

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	4	\$2.29	377 kcal

Seared Tunan and Spring Greens Pizza with Ginger-Lime Dressing might be just the main course you are searching for. This recipe serves 4. One serving contains 377 calories, 21g of protein, and 10g of fat. For \$2.29 per serving, this recipe covers 12% of your daily requirements of vitamins and minera...

Ingredients

- ☐ 1 tablespoon dark sesame oil
- ☐ 1 tablespoon fresh lime juice
- ☐ ¼ teaspoon freshly ground pepper
- ☐ 2 tablespoons soy sauce
- ☐ 8 ounce tuna fillet (1 inch thick)
- ☐ 4 servings Ginger-Lime Dressing
- ☐ 1 teaspoon olive oil
- ☐ 14 ounce package prebaked Italian pizza crust
- ☐ 4 cups spring lettuce mix

EQUIPMENT Bowl, Frying pan, Oven

Method

- 1

Combine first 3 ingredients in a zip-top bag.
- 2

Add tuna. Seal bag; marinate in refrigerator 20 minutes, turning occasionally.
- 3

Bake pizza crust at 450 for 6 minutes or until crisp.

- 4 Heat olive oil in a small skillet over medium-high heat.
- 5 Remove tuna from marinade, discarding marinade.
- 6 Sprinkle tuna with pepper; sear in hot oil 2 minutes on each side or to desired degree of doneness.
- 7 Remove tuna from skillet, and let stand 5 minutes.
- 8 Cut tuna into thin slices.
- 9 Place lettuce in a medium bowl; drizzle with 1/3 cup Ginger-Lime Dressing, tossing well. Spoon lettuce mixture over pizza crust, and top with tuna slices.
- 10 Cut into wedges; serve immediately with additional Ginger-Lime Dressing, if desired.

Nutrition per serving

	377 KCAL	21 g PROTEIN	10 g FAT	51 g CARBS
Saturated Fat				3 g · 19% of daily needs
Fibre				1.8 g · 7% of daily needs
Sugar				1.8 g · 2% of daily needs
Sodium				1,164 mg · 51% of daily needs
Cholesterol				20.4 mg · 7% of daily needs
Vitamin C				12.4 mg · 15% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/seared-tuna-and-spring-greens-pizza-with-ginger-lime-dressing-148385