



## Grilled Tuna Steak & White Bean Salad

Serves 4

### Ingredients

2 tuna steaks

#### *For the dressing*

12 tbsp. extra virgin olive oil

lemon zest of 1 lemon and juice of entire lemon

2 clove garlic finely minced

1/2 cup parsley chopped

2 1/2 tsp salt or more as needed

black pepper to taste

#### *For the salad*

2 cans of white beans drained and rinsed

3 cups cherry tomatoes halved

1/2 red onion cut into slivers

handful black olives

### Directions:

#### Prepare the dressing

In a small bowl combine olive oil; lemon zest and juice; freshly chopped parsley; finely minced garlic clove and salt and pepper.

#### Grill the tuna

Transfer 2 tbsp of the dressing to a separate bowl and brush it on both sides of the tuna. Let the tuna sit at room temperature for 30 minutes. Reserve the remaining dressing for the salad.

Preheat you grill. After the 30-minute resting period, grill the tuna for 4-5 minutes on each side or until desired doneness. This may vary according to the thickness of your tuna steak. When ready, let the tuna sit for 5-10 minutes before cutting into bite sized pieces.

#### Assemble the salad

In a large bowl combine the white beans; halved cherry tomatoes; red onion; black olives and tuna. Add the prepared dressing, reserving about 2 tbsp. for drizzling over the top, and toss to coat. Adjust seasoning, as needed.

Drizzle reserved dressing over the salad. Serve at room temperature or refrigerate until ready to serve with crostini.