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Tuna Steak with Garlic Butter and Parsley Sauce

Serves 3

Ingredients

3 (6 oz.) tuna steaks

salt and pepper

Juice from 1 lemon

1 tablespoon butter

1/2 cup butter

1/2 head garlic, minced

1 small bundle parsley, chopped finely

Directions:

In a pan stir-fry garlic until fragrant. Add in parsley and stir cook for another minute. Place ½ cup butter in the pan and allow to melt in moderate heat stirring occasionally. Pour the melted sauce in a plastic container and place in the freezer while marinating and cooking tuna to allow the sauce to solidify.

Rub salt and pepper on the tuna steaks and drizzle with lemon juice. Let stand in marinate for at least 15 minutes.

In a nonstick pan, melt 1 tbsp butter and pan grill the tuna slices one by one for 2 to 3 minutes each side at medium heat. Place on a serving platter. Top with a scoop of semi solidified butter garlic and parsley sauce and serve.