

Seared Ahi Tuna Recipe with Nectarine Salsa

Ingredients:

- 2 (6-8 ounce) ahi tuna steaks (3/4 of an inch thick)
- 2 Tbsp dark sesame oil
- 2 Tbsp soy sauce (or 2 teaspoons of wheat-free tamari for gluten-free option)
- 1 Tbsp of grated fresh ginger
- 1 clove garlic, minced
- 1 green onion (scallion) thinly sliced (a few slices reserved for garnish)
- 1 teaspoon lime juice

1 Mix the marinade ingredients together and coat the tuna steaks with the marinade, cover tightly, and refrigerate for at least an hour.

2 Heat a non-stick skillet over medium high to high heat. When the pan is hot, remove the tuna steaks from the marinade and sear them for a minute to a minute and a half on each side (even a little longer if you want the tuna less rare than pictured.)

3 Remove from pan and slice into 1/4-inch thick slices. Sprinkle with a few green onion slices.

Salsa:

- 3 ripe large nectarines (1 to 1 1/4 lb total), pitted and chopped
- 1/2 cup chopped white onion
- 2 tablespoons fresh lime juice
- 2 teaspoons finely chopped fresh Serrano chile pepper, including seeds
- 1 teaspoon finely chopped fresh cilantro
- 1 teaspoon sugar
- 1/4 teaspoon salt

1. Stir together all ingredients and let stand at room temperature, stirring occasionally, 1 hour, to allow flavors to develop.