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Tuna Steak with Fresh Salsa

Ingredients:

For Tuna:

- 4 tuna steaks (6 oz each)
- 2 tablespoons olive oil
- Salt, to taste
- Pepper, to taste (optional)
- Lemon wedges, for serving

Option 1: Mango-Cucumber Salsa:

- 1 mango, peeled and diced
- 1/2 cucumber, peeled, seeded, and diced
- 1/4 red onion, finely chopped
- Juice of 1 lemon or lime
- 1 tablespoon olive oil
- 2 tablespoons chopped fresh parsley or cilantro (according to your custom)
- Salt, to taste
- Optional: 1 small jalapeño, finely minced

Option 2: Tomato Salsa:

- 2 ripe tomatoes, finely diced
- 1/4 red onion, finely chopped
- 1 tablespoon olive oil
- Juice of 1 lemon or lime
- 1 tablespoon chopped fresh parsley or cilantro (according to your custom)
- Salt, to taste
- Optional: 1 small jalapeño, finely minced for heat

Instructions:

1. Prepare the Salsa (choose one)
 1. *For Mango-Cucumber Salsa:* Combine mango, cucumber, red onion, jalapeño (if using), lemon juice, olive oil, herbs, and salt in a medium bowl. Toss gently and chill.
 2. *For Tomato Salsa:* Combine diced tomatoes, red onion, olive oil, lemon juice, herbs, salt, and jalapeño (if using) in a bowl. Mix well and chill.
2. Sear the Tuna:
 1. Pat tuna steaks dry and season with salt and pepper.
 2. Heat olive oil in a skillet over high heat until shimmering.
 3. Sear tuna for 1.5 to 2 minutes per side for medium-rare, or longer for desired doneness.
 4. Remove from pan and let rest for a few minutes.
3. Serve:
 1. Slice tuna across the grain and plate with a generous spoonful of your chosen salsa on top. Serve with lemon wedges and a light side dish like roasted vegetables or herbed potatoes.