



Grilled Tuna Steak

Instructions:

Brush the tuna steak with oil.

Season generously with salt & pepper.

Preheat a frying pan for 2 minutes on high and add the tuna steak.

Sear on each side for 3 minutes.

If you are allowed all the ingredients in this recipe, or you were advised you may have any group 2 recipe, this recipe is allowed on your diet.

Prep Time:

3 minutes

Cook Time:

6 minutes

Ingredients:

6 oz. tuna steak

2 tsp. olive oil

kosher salt

fresh cracked pepper