



## *Fast and Fabulous* Seared Ahi Tuna

Prep Time: 5 min.

Cook Time: 2 min.

Servings: 4

- Saku Block Ahi Tuna (10-14 oz)
- Alaska Tim's Citrus Pepper Rub
- Non-stick Cooking Spray

**Preparation:** Thaw tuna in package by placing in a large bowl with cold water. It will take approximately 1-2 hours to thaw. Once thawed, open package and lightly rinse Tuna with cold water. Pat completely dry with paper towel. Pour approximately 1 oz of Alaska Tim's Citrus Pepper Rub onto a plate. Roll tuna on all sides with rub. Make sure the tuna is well coated with rub. Pre-heat your pan on med-high to high heat. You really want your pan to be hot. This can take up to 5 min. Immediately before you place the tuna in the pan (make sure the pan is hot), spray pan with non-stick cooking spray. The tuna should sizzle right when you put it in the pan. Sear tuna for 30 seconds to no more than 1 minute on each top and bottom side for a more rare finish; it should not cook for more than 2 minutes total. Take tongs and sear the other four small sides for 5 seconds each. Slice on cutting board with a sharp knife along the grain. Now it's ready to eat or enjoy with soy sauce and wasabi to taste.



**COOKING TIPS:** After thawing the tuna, slice a small corner piece along the grain. This initial cut should be done before seasoning or searing the tuna. The cut should be at a 45 degree angle. This will show where to slice the tuna after it's done searing.

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