



# Recipes

## Fish

### Asian Pan Broiled Tuna

*Prep and Cook Time: 15 minutes*

*Yield: 4 servings*

#### Ingredients:

- 4 6oz. tuna steaks (minimum 1 in. thickness)
- 1 tablespoon of fresh lemon juice
- 1 cup of minced scallion
- 3 medium cloves of garlic, pressed
- 1 tablespoon of minced fresh ginger
- 2 cups of thickly sliced fresh shiitake mushrooms (remove stems)
- 1 tablespoon of organic chicken broth
- 1 cup of fresh squeezed orange juice
- 2 tablespoons of gluten free tamari (soy sauce)
- 2 tablespoons of chopped cilantro
- Sea salt and white pepper

#### Directions:

1. Preheat the broiler on high and place an all stainless steel skillet (be sure the handle is also stainless steel) or cast iron pan about 5-7 inches from the heat for about 10 minutes to get it very hot.
2. Press garlic.
3. Rub tuna with lemon juice and season with a little salt and white pepper. Set aside.
4. Heat 1 tablespoon of broth in a 10-12 inch stainless steel skillet on the stovetop. Saute scallion, garlic, ginger, and mushrooms in broth for about 2 minutes, stirring constantly over medium heat.
5. Add orange juice and cook for another 2 minutes. Add tamari and cilantro.
6. Pull out broiler pan and place tuna in hot pan and return pan to broiler. Cook rapidly on both sides, usually in 2-3 minutes, depending on thickness.
7. Place tuna on plates and pour mushroom sauce over each piece.