

Seared Ahi Tuna Taco

Food Network

Makes 4 servings.

15 minutes

1 teaspoon Ground cumin	2 each Avocado diced 1/4 inch
1/4 teaspoon cayenne pepper	2 each tomato chopped 1/4 inch
1/2 teaspoon salt	1 cup cilantro chopped / lightly pk
1/2 teaspoon ground coriander	1/4 cup red onion diced
12 ounces Ahi tuna 1 inch thick	3 tablespoons lemon juice
1/2 tablespoon Olive oil	1/8 teaspoon salt
8 each taco shells	1/4 teaspoon black pepper
2 each lime	

In a small bowl, combine cumin, cayenne, salt, pepper and coriander. Rub spice mixture generously on both sides of the tuna.

Preheat oven to 350 deg for the taco shells.

Heat a nonstick pan on the stove over high heat. When pan is smoking hot, add olive oil, wait 10 seconds, then add tuna. Sear for 1 minute per side or until fish is cooked on the outside but rare on the inside. Transfer to a plate.

Separate taco shells and place them in the oven for 4 minutes.

While the shells are heating, dice tuna into 1/4 inch cubes. To serve, fill all 8 taco shells halfway with salsa. Spoon tuna over salsa and squeeze a spritz of lime juice over top.

Salsa

Add all ingredients from the avocado to the end of the list. Toss gently.

Per serving (excluding unknown items): 277.5 Calories; 18.8 Fat (55.7 calories from fat); 5.2 Protein; 28.4 Carbohydrate; 0 Cholesterol; 440 Sodium.