



HERBED SMOKE SEARED TUNA WITH ASPARAGUS, MUSHROOMS & PINEAPPLE

PREP TIME: 20 MINUTES (INCLUDES MARINATION TIME)

COOK TIME: 10 - 15 MINUTES

SERVES: 2

INGREDIENTS

2 six (6) oz tuna steaks
8 asparagus spears
6-8 large mushrooms, cut in half
2 pineapple slices, ¼ inch thick
1/2 cup olive oil
Salt & pepper
Fresh herbs – rosemary, thyme
Half bunch of chives – optional
Red pepper flakes – optional

SAUCE

1/2 cup soy sauce
1/4 cup ketchup
1/4 cup mustard
1/4 cup orange juice
2 tablespoons honey
3 tablespoons vinegar

DIRECTIONS

1. Use olive oil, salt & pepper to create marinade. Divide. Use half for tuna and the rest for the mushrooms & pineapple in a different dish.
2. Season pineapple with black peppercorn pressed into the slices then sear marinated mushrooms and pineapple on high heat. Move off heat & keep warm.
3. Boil the asparagus on the burner or grill directly from the raw state, on the lower heat side of grill. Char on high, if desired. Season with salt and pepper.
4. Season tuna with oil, salt & pepper. Place fresh herbs on grill and cook tuna on top of them to desired doneness with high heat, infusing tuna with smoke.
5. To plate, put asparagus and mushrooms on the bottom. Top with tuna and pineapple. Reserve charred herbs for garnish, if desired.
6. Drizzle with sauce and sprinkle with chives & red pepper flakes, to taste.

