

JAPAN

Grilled Tuna Steak

Grilled tuna steak is a delicious and healthy dish, known for its firm, meaty texture and mild flavor. Commonly made from species like yellowfin, albacore, or bluefin tuna, the steak holds up well to grilling due to its firm flesh. Typically, tuna steaks are simply seasoned with salt, pepper, and olive oil, though marinades with soy sauce, lemon juice, garlic, and herbs are also popular. The steaks are grilled over high heat for just a few minutes on each side, often leaving the interior rare to medium-rare to retain moisture and flavor. Grilled tuna is often served with fresh, light sides like salads, grilled vegetables, or citrus-based salsa, and can be complemented with sauces like soy-ginger or vinaigrettes. Rich in protein and omega-3 fatty acids, tuna steaks are not only flavorful but also provide important nutrients like vitamin D and B vitamins, making them both a nutritious and versatile choice for a quick and elegant meal.



Ingredients

- 2 tuna steaks (about 6-8 ounces each)
- 2 tablespoons soy sauce
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1 teaspoon grated fresh ginger
- 1 teaspoon honey or maple syrup
- Salt and pepper to taste
- Lemon wedges for serving
- Fresh parsley or cilantro for garnish (optional)

How to prepare

1. In a small bowl, whisk together soy sauce, olive oil, minced garlic, grated ginger, honey or maple syrup, salt, and pepper to make the marinade.
2. Place the tuna steaks in a shallow dish or a resealable plastic bag. Pour the marinade over the tuna steaks, making sure they are evenly coated. Cover the dish or seal the bag and marinate in the refrigerator for at least 30 minutes, or up to 2 hours.
3. Preheat your grill to medium-high heat. Brush the grill grates with oil to prevent sticking.
4. Remove the tuna steaks from the marinade and discard any excess marinade.
5. Place the tuna steaks on the preheated grill and cook for 2-3 minutes per side for medium-rare, or longer according to your preference. Avoid overcooking to keep the tuna moist and tender.
6. Once the tuna steaks are cooked to your liking, remove them from the grill and transfer them to a serving plate.
7. Garnish the grilled tuna steaks with fresh parsley or cilantro, if desired. Serve hot with lemon wedges on the side.