

# Coriander & Pepper Crusted Seared Tuna

This seared Tuna recipe is so easy and full of flavor! Eating Tuna is much like eating chocolate; it should be savored in moderation. You can cook tuna on the stove or on your grill. See more information on Tuna and sustainable practices in [Tips & Resources](#).

**SERVINGS:** 2 | **PREP:** 5 minutes | **COOK TIME:** 6 minutes | **TOTAL TIME:** 11 minutes

## INGREDIENTS

1 Pound Ahi Tuna  
1 Tablespoon Peppercorn (Crushed)  
1 Tablespoon Coriander (Crushed)  
1 Tablespoon Oil (Grapeseed Or Vegetable )  
1 Teaspoon kosher Salt  
1/2 Cup Ponzu Sauce (Or Mix Soy With Lemon/Lime)  
1 Lemon (Quartered)

## INSTRUCTIONS

Rinse tuna under cold water to clean and pat dry.  
Place peppercorn, coriander and salt on flat plate or cookie sheet and mix together.  
Place tuna on plate and press spice mixture on all sides (same as video)  
Heat oil in pan on med-high for about one minute.  
Sear Tuna for about 2 1/2- 3 minutes each side. It depends on desired temperature.  
Take off burner and place on cutting board. Let cool.  
Prepare a small dipping dish with the ponzu.  
Cut tuna as in video and squeeze lemon all over.  
Serve with ponzu and slice of lemon

## NOTES

One pound can serve 3-4 people as an appetizer. Two people for main dish.

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