



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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