

Ahi Tuna Marinade

It can be served in a variety of ways but my personal favorite is with this fried rice recipe. A two for one.

Ingredients

The Marinade

- 2 tablespoons soy sauce
- 1 tablespoon sesame oil
- 2 teaspoons garlic powder
- 2 teaspoons zero calorie sweetener (truvia brown sugar)
- 1 teaspoon kosher salt
- 1 teaspoon freshly cracked black pepper
- 2 tablespoons freshly squeezed lemon juice.
Can substitute vinegar if you forgot to pick up the lemons.

Ahi Tuna

- 1 pound fresh ahi tuna steaks, about 4 ounces each
- Low calorie cooking spray
- Optional: freshly chopped cilantro, green scallions, sesame seeds for garnish.

Fried Rice

- 1 cup frozen peas and carrots
- 1 large egg
- 184g egg whites/beaters
- 1/4 tsp salt
- 1/4 tsp black pepper
- 2 tsp garlic powder
- 1 cup cooked jasmine rice
- 2 tbsp soy sauce
- 1 tsp sesame oil



Instructions

1. In a bowl, whisk together the marinade ingredients. This can be done in advance. Cover and chill until ready to use.
2. Thoroughly dry cold ahi tuna steaks with paper towels and place in Ziplock bag. Pour marinade over the fish, turning to coat well throughout. Close and chill for several hours, or up to overnight. Turn fish over at least once in the middle of marinade time.
3. Heat a large heavy skillet sprayed with low calorie cooking spray. Sear ahi steaks 1 1/2 minutes per side on high heat, taking care to flip carefully with a flat. (If your tuna is less than 1 1/2 inches thick, sear for only 1 minute per side.)
4. Transfer seared ahi to a large cutting board and let rest/cool 10 minutes.
5. Serve chilled or at room temp. Sprinkle with sesame seeds and cilantro or green onions, if desired. Drizzle with Sriracha mayo if desired.



Ingredient	Serving	Calories	Carbs	Fat	Protein
Tuna	16 oz	520	0	4	116
Rice	1 C	640	144	0	12
Egg	1	70	0	5	6
Egg whites	184 G	100	0	0	20
Peas & carrots	1 C	50	9	0	3
Sesame Oil	1 tbs	130	0	14	0
Soy sauce	4 tbs	20	2	0	2
Total		1530	155	23	159
Per serving (4)		382	39	6	40