

Seared Tuna Steaks

Ingredients:

- 4, 6 to 7 oz. yellowfin tuna steaks
- cracked pepper
- 2 tsp. sesame oil
- 2 Tbs soy sauce
- 1/4 cup dry sherry
- fresh chives

Sprinkle cracked pepper on both sides of tuna steaks. Heat a large skillet over medium-high heat with sesame oil. Place tuna steaks in skillet and sear about 3 minutes on each side (until you have a good sear on the outside and the inside is just opaque but not too done. It should still be pink in the center.) Remove tuna to a plate and keep warm. Add soy sauce and sherry to the skillet and cook until liquid is slightly reduced (about one minute) scraping any brown bits in the skillet. Spoon sauce over tuna steaks and add fresh chives. Serve immediately and enjoy!

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

***"Ways to my heart: Buy me food. Make me food.
Be food." - Anonymous***