

Pesto Spaghetti with Seared Tuna

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-tuna-walnut-toss-recipe>

Ingredients:

- 8 ounces spaghetti Edamame
- 1 pound ahi tuna center cut
- 1 teaspoon ground coriander
- 1 teaspoon red pepper spicy
- dash vegetable oil
- salt
- pesto Kale-Walnut
- 2 cups baby kale
- 1/2 cup basil
- 1/4 cup walnuts
- 1 garlic clove minced
- 1 lemon juiced
- 1/2 cup olive oil
- pinch red pepper spicy, Aleppo or Maresh
- salt
- 1/2 large carrot peeled
- 1/2 red pepper thinly sliced
- 1/2 teaspoon lemon zest
- 10 basil leaves tiny
- sea salt
- red pepper Spicy, Aleppo or Marash
- olive oil

Nutrition:

1. Calories: 740 calories
2. Carbohydrate: 51 grams
3. Cholesterol: 50 milligrams

4. Fat: 45 grams
5. Fiber: 5 grams
6. Protein: 36 grams
7. SaturatedFat: 5 grams
8. Sodium: 640 milligrams
9. Sugar: 3 grams

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