

Pan-Seared Tuna Steaks

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/pan-cake-recipe-india>

Ingredients:

- 7 ounces yellowfin tuna steaks
- cracked pepper
- 2 teaspoons sesame oil
- 2 tablespoons soy sauce
- 1/4 cup dry sherry
- fresh chives

Nutrition:

1. Calories: 35 calories
2. Carbohydrate: 2 grams
3. Fat: 2.5 grams
4. Protein: 1 grams
5. Sodium: 540 milligrams
6. Sugar: 1 grams

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