

Avocado and Seared Tuna Steak Salad

Yield: 5 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-seared-tuna-steak-recipe>

Ingredients:

- 1 tablespoon extra-virgin olive oil
- 2 pounds tuna steak
- 1/2 teaspoon freshly ground black pepper
- 1 1/2 teaspoons kosher salt
- 2 red onions peeled and diced
- 2 scallions white and half of the green part (about 6 inches), sliced
- 2 Hass avocado ripe, peeled, pitted, and diced
- 10 dashes Tabasco Sauce
- 1 teaspoon coriander dried, or 1 tablespoon fresh minced cilantro

Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 70 milligrams
4. Fat: 24 grams
5. Fiber: 7 grams
6. Protein: 44 grams
7. SaturatedFat: 4 grams
8. Sodium: 800 milligrams
9. Sugar: 3 grams

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