

C's Seared Rare Ahi Tuna

This dish should be eaten immediately after preparing it. Ahi does not keep well, so make only what you will eat!

Ingredients:

**3 filets of fresh Ahi, approx. 6 oz. each
1/3 cup low sodium soy sauce
1/2 tsp. powdered Wasabi
4 Tbsp. garlic pepper blend
Olive oil can spray**

Directions:

- 1. Heavily spray sizzling hot grill type skillet**
- 2. Pour about 1/4 cup soy sauce into a shallow container and add about 1/2 tsp. powdered Wasabi. Blend the two together well**
- 3. In another shallow container, pour garlic pepper blend and spread evenly**
- 4. Place each Ahi filet in soy sauce container to moisten. Immediately transfer to pepper container and lightly coat. Set aside each filet on a plate**
- 5. Heat grill until very hot**
- 6. When grill is ready, place all of the filets on and sear for no more than 2 minutes each side. Immediately transfer to a large serving plate and thinly slice lengthwise. Garnish with Plumerias or some other tropical type flower. Use remaining soy sauce or some Mango Salso for serving.**
- 7. Enjoy!**

Yields: Three large servings

Each serving = 35 grams of pure protein