



Perfectly seared on the outside, tender and rare inside—restaurant quality you can do at home!

Simple Seared Ahi Tuna Steaks

Ingredients:

- 2 Ahi tuna steaks (about 6 oz each)
- Salt & black pepper
- 1 tbsp sesame seeds (optional)
- 1 tbsp olive oil or sesame oil
- Optional dipping sauce: soy sauce + wasabi or ponzu

Instructions:

- Pat tuna steaks dry and season both sides with salt, pepper, and sesame seeds.
- Heat oil in a skillet over high heat.
- Sear tuna for about 1–2 minutes per side (rare in the middle is best).
- Slice and serve with your favorite dipping sauce.