

ANNA

Pan Seared Tuna, With Clean Potato And Green Beans

This recipe is a healthy and delicious way to serve the tuna. So simple and easy to cook—And it's gorgeous to serve. Use fresh ahi tuna if possible; you can also buy a best-quality frozen ahi tuna, then thawed in fridge overnight, and patted very dry before searing.

Ingredients

4 (4-ounce) tuna steaks
2 tablespoons extra virgin olive oil
Sea salt and cracked black pepper

Garlic mashed potato

6 Yukon gold potatoes
1 whole head garlic
1/4 cup salted butter (optional)
Sea salt & cracked black pepper, to taste
Extra-virgin olive oil, to drizzle
1 lb green beans, frenched (meaning cut in half lengthwise)

Preparation

For potatoes, preheat oven to 400°F. Cut top off garlic head, drizzle olive oil, wrap with foil. Bake 20 minutes.

Meanwhile boil potatoes in large pot of salted water for 15 minutes, until tender. Drain, squeeze in garlic, salt and pepper and smash. (you can add the butter here if you wish, however I like to enjoy a good Yukon gold without any butter, just a drizzle of olive oil to enjoy their natural flavour).

Season tuna steaks with salt and pepper, drizzle with extra-virgin olive oil, and grill in heavy bottom skillet over medium to high heat, 4 minutes each side for medium (for grill marks use cast iron grill pan if you have, otherwise a heavy bottomed skillet is fine).

For green beans, cook green beans for 1 minute in 2 inches salted water over high heat. Remove and set aside.

To serve, place a scoop of potato on each dinner plate, top with sliced tuna steak, and green beans. Serves 4.