

Tuna Steak

Ingredients

- 2 x 180 – 200g (6.5 – 7oz) tuna (*skinless, boneless*). 2.5-3cm / 1-1.2" thick (Note 1)
- 1 tsp olive oil
- 1/4 tsp sea salt
- 1/8 tsp black pepper

COOKING:

- 2 tsp olive oil , *or oil spray*
- **Prepare resting tray:** Place a rack on a tray. (Note 3)
- **Oil and season tuna:** Drizzle half the oil over the tuna. Smear over one side, then sprinkle with half the salt and pepper. Flip and repeat.
- **Heat skillet:** Heat skillet (preferably a skillet with grille lines) over high heat until smoking hot. The hotter, the better!
- **Oil skillet (if required):** If your skillet is not well-seasoned, brush skillet with olive oil or take pan off stove and spray with any oil (SAFETY WARNING! Note 4)
- **Cook first side:** Place tuna steak in the skillet (I do one at a time for best results, Note 5) and cook for 45 seconds.
- **Rotate for grill lines:** Turn steak 45 degree. Continue cooking another 45 seconds.
- **Cook other side:** Flip tuna carefully, then leave for 1 minute or until the internal temperature in the middle reads 48°C / 118°F (Note 6).
- **Rest:** Remove tuna from skillet and place on rack. Rest for 5 minutes – it will cool down almost to room temperature. This is desirable for easier slicing and better eating (Note 7) Serve! **See Note 2 for sauce options.**