

Grilled Tuna Steak with Asparagus

Swick

Serves 1 | Active Time: 20 minutes | Total Time: 20 minutes

Preparing the tuna and asparagus

Cut the tuna steak into two thick steaks and sprinkle with salt, sprinkle generously with pepper, and drizzle with olive oil. Heat a grill pan or cast-iron skillet over high heat. When very hot, add the tuna and cook for 2 to 3 minutes on the first side. Turn the tuna and cover it with a metal bowl. Add the asparagus to the grill pan and cook for about 2 minutes or to your liking.

Step 1: Preparing the tuna and asparagus

- 8-ounce tuna steak, about 1 ½ inches thick
- Kosher salt
- Freshly ground black pepper
- 1 teaspoon olive oil
- 4 stalks asparagus spears, peeled and cut into 3-inch lengths

Step 2: Making the sauce

- 2 scallions/green onions, minced
- 1 small garlic clove, minced
- 2 to 3 tablespoons coarsely chopped cilantro
- 1 tablespoon freshly squeezed lemon juice
- 2 tablespoon extra-virgin olive oil
- 2 tablespoons Spicy Hot V8, or other tomato juice

While the tuna and asparagus are cooking, prepare the sauce. In a small bowl, combine the scallions, garlic, cilantro, lemon juice and olive oil. Add the cooked asparagus and V8, then stir to coat.

Step 3: Serving

Pour or spoon the asparagus mixture onto a platter or individual plates and top with the tuna.