

Lime Basil Grilled Tuna Steaks

11 ingredients · 20 minutes · 2 servings



Directions

1. In a small bowl, combine the olive oil, lime juice, basil, garlic, salt and pepper. Mix well to combine.
2. Add the tuna steaks to a ziploc bag and pour in the marinade. Shake well then store in the fridge while you prep the rest.
3. Combine the diced tomato and cucumber together in a bowl. Drizzle with a bit of olive oil, lemon juice and season with sea salt and black pepper to taste. Set aside.
4. Preheat the grill over medium heat.
5. Grill the steaks for about 4 minutes per side, or until they are cooked to your liking.
6. Remove fish from the grill. Plate on a bed of the cucumber tomato salad and garnish with basil. Enjoy!

Notes

No Tuna

Use marlin, salmon or swordfish steaks instead.

More Flavour

Marinate the tuna steaks up to 24 hours in advance for maximum flavour.

More Carbs

Serve with a side of rice, quinoa or roasted mini potatoes.

Ingredients

- 1 **tbsp** Extra Virgin Olive Oil (plus extra for drizzling)
- 1 Lime (juiced)
- 1/4 **cup** Basil Leaves (chopped, plus extra for garnish)
- 1 Garlic (clove, minced)
- 1/4 **tsp** Sea Salt
- 1/4 **tsp** Black Pepper
- 12 **ozs** Tuna Steak
- 1 Tomato (large, chopped)
- 1 Cucumber (chopped)
- 1/4 Lemon (juiced)
- Sea Salt & Black Pepper (to taste)

Nutrition

Calories	322	Cholesterol	80mg
Fat	8g	Sodium	415mg
Carbs	10g	Vitamin A	1271IU
Fiber	2g	Vitamin C	23mg
Sugar	3g	Calcium	47mg
Protein	52g	Iron	2mg