

Blackened Tuna

Serves: 6

Cuisine: Cajun

Preparation time: 5 minutes

Cooking time: 8 minutes

Ingredients:

6	Fresh tuna steaks
2 tbsp	Cajun seasoning
2 tbsp	Olive oil
2 tbsp	Butter

Method:

1. Generously coat tuna with Cajun seasoning.
2. Heat oil and butter in a large frying pan over high heat. When oil is nearly smoking, place steaks in the pan.
3. Cook on one side for 3 to 4 minutes, or until blackened.
4. Turn the steaks, and cook for 3 to 4 minutes, or to desired doneness.

To Serve:

Great with rice and a pineapple salsa

Chef's Notes: