



From Our Boats To Your Table!

## Blackened Tuna

### Ingredients

- 2 Yellowfin Tuna Steaks, 4 to 6 ounces each, 3/4 to 1 inch thick
- 1 stick melted butter
- Blackened seasoning (or try ginger-teriyaki)

### Directions

- 1) Heat skillet over high heat until very hot.
- 2) Rinse tuna steaks and pat them dry with paper towels. Dip one tuna steak at a time in the melted butter ensuring both sides of fish are covered with butter. Remove from butter without setting fish down and sprinkle generously with seasoning, patting seasoning in by hand. Repeat for 2nd piece of tuna.
- 3) Place fish in skillet and cook for 4 to 6 minutes, turning over once half-way through cooking. Pour 1 teaspoon of melted butter over the top of the fillets when you initially place them in the pan and another teaspoon when you turn it over at the halfway point.