Tuna with Caper Sauce

Summary

Yield: 6
Prep Time: 5 minutes
Category: Seafood
Cuisine: American

Ingredients

- 1/2 cup extra virgin olive oil
- 1/2 cup Minced Italian Parsley
- 1/2 cup Pickled red Bell Peppers (Pimentos)
- 1/3 cup thinly sliced green onions
- 2 tbsp fresh lemon juice
- 2 tbsp Fresh Oregano, or 2 tsp Dried Oregano
- 3 tbsp capers, drained
- 6 3/4 In Thick Tuna Steaks

Instructions

Caper Sauce

1. Place items 1-7 in a pot and cook on medium for approximately 15 minutes until everything is soft

Tuna

1. Spray both sides of Tuna with Olive Oil

2. Sprinkle with salt and pepper

3. Place Tuna on a hot grill and cook for approximately 3 minutes then turn tuna and cook an additional 3 minutes (for Rare)

4. Place Caper Sauce on top of tuna and serve

Note:

Serve with white rice covered with caper sauce