

# Seared Tuna with Beet Sauce

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*This Mediterranean-inspired recipe includes a smooth, pureed beet and yogurt sauce with Tahini and fresh lemon juice. Use the freshest tuna steaks you can find, as they are cooked very lightly.*

## Ingredients:

2 medium beets  
1 tablespoon olive oil  
Salt and black pepper, to taste  
4 4-ounce Ahi tuna steaks  
¼ cup plain yogurt  
2 tablespoons lemon juice  
2 tablespoons Tahini  
2 tablespoons chopped fresh parsley

## Directions:

1. Preheat oven to 400°F. Wrap beets individually in foil and place in oven. Roast until tender, 30 to 40 minutes. Remove, peel, and chop into ¼-inch cubes. Set aside.
2. Heat oil in a large skillet over medium-high. Season tuna steaks on both sides with salt and pepper and place in skillet. Cook 2 minutes each side, until seared and golden brown. If desired, continue to cook until done and no longer pink on the inside, an additional 2 to 3 minutes per side.
3. Meanwhile, whisk together yogurt, lemon juice, Tahini, and ½ teaspoon salt in a small bowl. Add reserved beets and mix well until beets turn sauce a purple color.
4. To serve, place a seared tuna steak on serving platter. Top with a large dollop of beet sauce and garnish with fresh parsley.