



Oakhurst, NJ 732.663.0222	Marlboro, NJ 732.536.2027	Brooklyn, NY 718.998.8898	Cedarhurst, NY 516.569.6400
------------------------------	------------------------------	------------------------------	--------------------------------

PAN-SEARED TUNA WITH OLIVE-WINE SAUCE	Final Lifestyle
--	------------------------

Ingredients

- cooking spray
- 1 TSP fennel seeds
- 2 garlic cloves, minced
- 3/4 cup dry white wine
- 6 TBS chopped pitted black olives
- 3 TBS chopped pitted green olives
- 2 TBS fresh lemon juice
- 1 TBS grated orange rind
- 1/4 TSP crushed red pepper
- 1/4 TSP black pepper
- 1/8 TSP salt
- 2 (6 oz.) tuna steaks, about 2 inches thick
- 2 cups hot cooked couscous
- optional: orange rind

Instructions

1. Place a large nonstick skillet coated with cooking spray over medium heat until hot. Add fennel seeds and garlic; sauté 3 minutes or until seeds are lightly toasted. Spoon the mixture into a bowl. Add wine, olives, lemon juice, 1 TSP orange rind, and red pepper; stir well and set aside.
2. Sprinkle black pepper and salt over tuna. Recoat skillet with cooking spray; place over medium-high heat until very hot. Add tuna; sauté 5 minutes on each side or until medium-rare or to desired degree of doneness. Remove tuna from skillet. Spoon couscous into each of 4 large shallow bowls; arrange tuna to the side. Set aside; keep warm.
3. Add wine mixture to skillet; cook 2 minutes or until sauce is lightly reduced. Pour sauce evenly over steaks. Garnish with orange rind, if desired.

Portion-Per-Serving Information: (Yields 4 servings):

1 serving = apx. 3 oz. tuna and ½ cup cooked couscous = 1 P, 1 G, ½ FT