



GREEK LEMON-BASIL TUNA STEAKS

Creamy broccoli & bell pepper, sunflower seeds, olives

COOK TIME
25 MIN

SERVINGS
2

CALORIES PER SERVING
480

NET CARBS PER SERVING
10 GRAMS

MENU
KETO // GLUTEN-FREE

This Mediterranean-inspired dish is perfect for cool fall nights. Tuna steaks are marinated in olive oil seasoned with lemon juice, basil, and Dijon. Pan-seared to a tender finish, the tuna is served over broccoli and bell pepper that's simmered in a spiced yogurt sauce and finished with feta cheese. Kalamata olives and sunflower seeds garnish the savory dish.

INGREDIENTS (9 ITEMS)

- 2 (6 oz) **Yellowfin tuna steaks** F
- ¼ cup **Olive oil with lemon, basil & Dijon**
- 8 ¾ oz **Broccoli**
- 2 oz **Red bell pepper***
- ½ cup **Nutmeg-spiced yogurt & buttermilk** D
- 1 ½ oz **Yellow onions**
- ¼ oz **Sunflower seeds**
- ¼ oz **Kalamata olives**
- ¾ oz **Feta cheese** D

WHAT YOU'LL NEED

- medium bowl
- medium sauté pan
- large sauté pan
- thermometer
- measuring spoons

ALLERGENS

- F FISH
- D DAIRY



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Food Service (GFFS) program.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce is organic unless otherwise labeled.

*You may receive a different color variety of this ingredient.

Wash and dry fresh produce. Wash hands and surfaces after handling raw fish. Consuming raw or undercooked fish can be harmful to your health. Go to help.greenchef.com for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at help@greenchef.com

GREEK LEMON-BASIL TUNA STEAKS

1 MARINATE TUNA

- Pat **yellowfin tuna steaks** dry with a paper towel. Season both sides with salt and pepper. Place in a medium bowl. Add **olive oil with lemon, basil, and Dijon**. Turn to evenly coat. Let marinate for at least 10 minutes, turning occasionally.

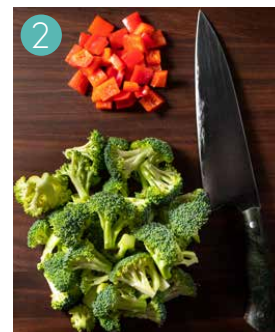


2 PREP BROCCOLI & BELL PEPPER

- Cut **broccoli** into bite-size pieces, if needed.
- Medium dice **red bell pepper** into about ½-inch pieces.

3 PREP OLIVES & SEEDS

- Roughly chop **Kalamata olives**.
- Roughly chop **sunflower seeds**.



4 START BROCCOLI & BELL PEPPER

- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **broccoli** to hot pan. Season with salt and pepper. Stir. Cook 3-4 minutes, or until broccoli begins to brown slightly, stirring occasionally.
- Add **bell pepper** and **yellow onions** to pan with broccoli. Stir. Reduce heat to medium. Cook 5-6 minutes, or until broccoli is crisp-tender, stirring occasionally.

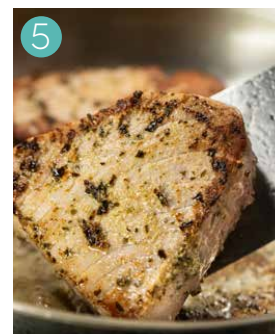
See Step 6 to finish.



5 COOK TUNA

- Heat about 1 ½ tablespoons cooking oil in a medium sauté pan over medium heat. Carefully add **tuna** to hot pan (discard any excess marinade). Sear 3-4 minutes on each side, or until tuna is fully cooked (or to desired doneness).*

**Take Note: Tuna is fully cooked when internal temperature reaches 145 degrees. Once fully cooked, tuna is considered well-done.*



6 FINISH BROCCOLI & BELL PEPPER

- Remove pan with broccoli and bell pepper from heat. Let cool for 1-2 minutes.*
- Slowly add **nutmeg-spiced yogurt and buttermilk** to pan. Stir to combine. Add **feta cheese**. Stir until incorporated. Salt and pepper to taste.

**Here's Why: Letting the pan cool prevents the yogurt and buttermilk from curdling.*

7 PLATE YOUR DISH

- Cut **tuna** into 5-7 slices each.
- Divide **creamy broccoli and bell pepper** between plates and fan **lemon-basil tuna** over top. Garnish with **Kalamata olives and sunflower seeds**.
- Enjoy!

