

Grilled Hazelnut Encrusted Ahi Tuna

This dish can be prepared outside on the grill or inside on a grill pan. It is a perfect light meal on any day, served with a salad on the side-



What you need:

- 1 pound of Ahi Tuna steaks – nice and fresh -cut into four steaks
- 1/4 cup panko (Japanese bread crumbs)
- 1/4 cup chopped, toasted hazelnuts (you can get these in the baking section of the market)
- Olive oil
- 2 cups of baby spinach and arugula mix
- 1/4 cup toasted pine nuts
- blue cheese dressing

How to Do it:

Mix the panko and hazelnuts on a large plate. Press the tuna into the mixture, coating both sides well. Brush the grill (or grill pan) with olive oil and sear the tuna (brown quickly being careful not to burn), then turn to low and cook until the fish is cooked on the edges, but still slightly pink on the inside.

Here is what a grill pan looks like. I got mine at Ikea –



Mix the greens with a small amount of dressing (or more if that's how you like it). Place 1/4 mixture on the plate and top each with 2 T of the pine nuts. Place one of the steaks on the plate and serve –



Serves 4

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