

Tuna with Fennel and Orange

Chef Jason Mueckl



Makes: 4 servings



Ingredients:

- ♥ 1 lb. tuna steak
- ♥ 1 Tbsp. + 2 tsp. extra virgin olive oil
- ♥ 2 fennel bulbs
- ♥ 2 large shallots
- ♥ ½ tsp. chili flakes
- ♥ 5 – 1 inch strips orange zest
- ♥ 1 bay leaf
- ♥ 2 Tbsp. lemon juice
- ♥ 2 Tbsp. flat leaf parsley
- ♥ 1 orange peeled, sliced thin

PREPARATION

1. Add 1 Tbsp. of olive oil to a pan, then pan-sear the tuna and remove from pan.
2. In the same pan, add 1 tsp. olive oil with fennel and shallots, sauté. Then add water, orange zest, bay leaf, chili flakes, lemon juice, and parsley to create a poaching liquid. Poach the tuna.
3. Take the vegetables that were in the poaching liquid and return them to a hot pan to create some caramelization.
4. Garnish tuna with D'Avolio olive oil (about 1 tsp.) to finish.

Nutrition Facts

Serving Size: 1 serving (291.4g)
Servings: 1

Amount Per Serving	
Calories 280	Calories from Fat 70
	% Daily Value*
Total Fat 8g	12%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 115mg	5%
Total Carbohydrate 16g	5%
Dietary Fiber 6g	24%
Sugars 0g	
Protein 36g	
Vitamin A 10%	• Vitamin C 90%
Calcium 10%	• Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet.



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