

Pan Seared Ahi Tuna

Fish

SERVINGS: 2

INGREDIENTS:

2 Ahi Tuna Steaks 1 ½" thick
PyroDust Steak Seasoning
Oil
Lemon



DIRECTIONS:

Dust both sides of Ahi Tuna steaks with a generous coating of PyroDust Steak Seasoning
Add oil to a heavy skillet and heat until it starts to smoke, cast iron works best for this type of cooking.
Cook tuna 2 to 3 minutes each side.
Serve with Lemon if desired.