

# Tuna Marinade

Total: 66 min · Prep: 22 min · Cook: 44 min · 1 servings · Easy · Secret

Vegetarian

Dairy-Free



## INGREDIENTS

3 tbsp Soy sauce

2 tbsp Lime or lemon juice

2 tbsp Olive oil

1 tsp Ginger (grated)

1 pc Garlic (minced)

1 tsp Honey or maple syrup

to taste Salt, pepper

## INSTRUCTIONS

- 1 Mix soy sauce, lime juice, olive oil, ginger, and garlic.
- 2 Add honey or syrup for a sweet note, as well as salt and pepper.
- 3 Place the tuna steaks in the marinade and leave for 20-30 minutes in the refrigerator.
- 4 Sear the tuna on a skillet or grill for 2-3 minutes on each side for a light sear.

**Nutrition per serving:** 260 kcal · Protein 8.0 g · Fat 2.0 g · Carbs 52.0 g · Fiber 0.6 g