

Tuna Steaks with a Cucumber Dill Salsa

Prep Time: 10 minutes

Cooking Time: 10 minutes

Yield: 4 servings

Ingredients:

4 tuna steaks

half a large cucumber

1 cup purple kale, finely chopped

2 tablespoons fresh dill, chopped

3 tablespoons olive oil

1 tablespoon red wine vinegar

salt and black pepper

Directions:

1. Scoop out the seeds of the halved cucumber. Then dice and mix with the dill and kale.
2. Heat a skillet over medium-high heat. Rub a bit of oil on tuna steaks and cook for 2-3 minutes on each side. Time will vary due to thickness and preference. Most enjoy tuna medium-rare, leaving it pink in the middle.
3. Place tuna steaks on plates and top with cucumber salsa.
4. Keep skillet over heat and add oil, vinegar and a pinch of salt and ground pepper to taste. Let sizzle for a few seconds and then drizzle over fish with salsa.
5. Serve immediately.

Variations:

Substitute fennel for the cucumber or bok choy for kale, for a twist.