

Sicilian Tuna Steak

This recipe is full of so many wonderful flavors! Serve with a green salad or it can be a meal all of it's own. It is fancy enough to impress but also a quick meal for a week night.



Ingredients:

- 1 lb fresh or frozen tuna steaks, 1 inch thick
- 1 small onion, chopped
- 2 cloves garlic, minced (1 teaspoon minced)
- 1 tablespoon extra-virgin olive oil
- 2 pounds roma tomatoes, seeded and chopped, or one 28-ounce can diced tomatoes, drained
- ½ cup dry white wine (optional)
- ¼ to ½ teaspoon crushed red pepper
- ¼ cup pitted ripe olives
- 2 tablespoons capers, rinsed and drained
- 2 tablespoons chopped fresh basil or 2 teaspoons dried basil, crushed
- 1 tablespoon chopped fresh mint or 1 teaspoon dried mint, crushed
- ¼ teaspoon kosher salt
- 1/8 teaspoon freshly ground black pepper
- 1 tablespoon lemon juice

Preparation:

1. Thaw tuna, if frozen. Cut tuna into 4 portions, if necessary. Rinse tuna; pat dry with paper towels. Set aside.
2. In a large skillet cook onion and garlic in hot oil over medium heat until onion is tender. Add tomatoes, wine, and crushed red pepper. Bring to boiling; reduce heat. Simmer, uncovered, for 7 minutes. Add olives, capers, and dried basil and mint if using; cook for 3 minutes more.
3. Sprinkle tuna with kosher salt and black pepper. Add tuna to skillet on top of tomato mixture. Cover and cook over medium heat for 5 minutes. Uncover and cook for 10 to 15 minutes more or until tuna flakes easily when tested with fork and is slightly pink in the center.
4. Transfer tuna pieces to 4 serving plates. Spoon mixture over tuna. Sprinkle with fresh basil and mint, if using. Drizzle with lemon juice.