



Carb.	Protein	Fat
1	3	½

Grilled Tuna Steaks

Tuna is a source of high-quality protein with almost no fat. It contains all essential amino acids required by the body for growth and maintenance of lean muscle tissue.

Tuna also contains Omega 3 fatty acids known for their anti-inflammatory properties and is rich in potassium, manganese, vitamin C & zinc. A perfect reason to rustle up this delicious yet simple recipe that all the family is sure to love.

Ingredients

- 2 tablespoons lemon juice
- 1 tablespoon olive oil
- 2 garlic cloves, minced
- 2 teaspoons minced fresh thyme or 1/2 teaspoon dried thyme
- 4 tuna steaks (210g each)
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

Directions

1. In a large resealable plastic bag, combine the lemon juice, oil, garlic and thyme. Add the tuna; seal bag and turn to coat. Refrigerate for up to 30 minutes, turning occasionally.
2. Remove tuna from bag; sprinkle with salt and pepper. Drain and discard marinade. Moisten a paper towel with cooking oil; using long-handled tongs, lightly coat the grill rack.
3. Grill tuna, covered, over medium-hot heat for 3-4 minutes on each side for medium-rare or until slightly pink in the center.
4. Serve with 65g of basmati rice and free vegetables of your choice.