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Cajun Blackened Tuna

Quick Meal

Tuna, a naturally lean fish, is tender and juicy when cooked rare or medium-rare. In this dish, searing dry heat chars a spice crust onto the fish. If you don't have an ovenproof skillet, transfer seared fish to a baking sheet to finish cooking.

Ingredients

Spice Mixture:

- 1 tablespoon sweet paprika
- 1 teaspoon oregano
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon salt
- 1/2 teaspoon ground cumin
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon cayenne pepper (optional)

- 2 tablespoons unsalted butter, softened
- 4 (8 ounce) tuna steaks (about 2/3" thick each)

Directions

1. Heat oven to 400° F. Combine paprika, oregano, garlic powder, onion powder, salt, cumin, pepper, and cayenne pepper on a plate. Rub butter over tuna steaks. Press tuna steaks into spice mixture; gently rub spices onto fish.
2. Heat a large heavy ovenproof skillet (cast iron works great) over high heat for 2 minutes or until skillet smokes. Cook tuna steaks 1 minute on each side. They will make some smoke; this is normal. Transfer skillet to oven and roast fish 5 minutes for medium rare doneness.

[IN BRIEF]

Servings: 4
Prep time: 5 minutes
Bake/Cook time: 10 minutes

[NUTRITION PER SERVING]

Carbohydrates: 2 grams
Net Carbs: 1 grams
Fiber: 1 grams
Protein: 53.5 grams
Fat: 9.5 grams
Calories: 321

Good for
Atkins Plus:

You can find this article at:

http://www.atkinscenter.com/food/recipes/all/Cajun_Blackened_Tuna.html

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