

Easy Tuna Steak

This light and flaky tuna steak is a treat!!

Yields: 4 servings

Ingredients

- 4 (three ounce) Tuna Steaks
- Sea Salt
- Pepper or other seasonings of choice

Instructions

Rub sea salt and red pepper flakes or your seasoning of choice on tuna steaks (I also like to use fresh dill and lime juice)

Place steaks on a tray in your Instant Pot

Put 1/2 cup water in bottom of Instant Pot

Set cook time on manual or steam for 3 minutes, until the meat is cooked, but pink in the middle.

If you don't like pink meat, cook it a minute longer

NOTE: Cook longer for well-done. Tuna gets flakier as it cooks

Serve with favorite side dish. Enjoy!

- Preparation time: 10 minutes
- Cook time: 3 minutes via instant pot
- Total time: 15 minutes

Nutrition

- Calories: 95
- Protein: 20 grams