



MY BOTTOM CHEF

Grilled Tuna Steak & Roasted Asparagus

Difficulty: Easy

Serves: 2

Prep Time: 10 – 15 minutes

Cook Time: 8 minutes grilled tuna steak and 7 minutes roasted asparagus

Wine Pairing: light red or strong dry southern French or Spanish rosé

Mix the following ingredients in a mixing bowl

3 tbsp. Extra Virgin Olive Oil

1 tbsp. Parsley

1 tsp. Oregano

1 tsp. Thyme

1 tsp. Ground Pepper

1 tsp. Sea Salt

2 tsp. Minced Garlic

1 tsp. Dijon Mustard

1 tsp. Yellow Mustard

1/2 tsp. Lemon Juice

Marinate the tuna steaks for 20 minutes to a maximum of 1 hour in the refrigerator

You will want to time things so that the asparagus and tuna steaks are done at roughly the same time

Let's prepare the asparagus

1. Rinse the asparagus under cool water
2. Cut the bottoms off each asparagus stock above the purplish section
3. Prepare a pan with tin foil and lay the asparagus on the tinfoil
4. Drizzle extra virgin olive oil over the asparagus
5. Next, add the fresh ground pepper
6. Sprinkle some sea salt
7. Sprinkle some lemon juice
8. Preheat the oven to 375 °F
9. Cook the asparagus for exactly 7 minutes

Get the grill fired up and close the lid to preheat 400 – 500 °F

1. Place the tuna on the grill for 2 minutes then flip
2. Repeat above
3. Flip again for 2 minutes
4. Flip one last time for 2 minutes
5. When a total of 8 minutes is up, remove the tuna from the grill so it doesn't overcook

Add a garnish to make the presentation on the plate special

Enjoy!

Chef Shawn

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