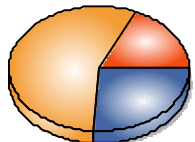




Pan Grilled Thai Tuna Salad

Recipe grams: 1123.08g/39.6oz

Serves 2 561.54g/19.8oz per serving



Protein: 31%
Carbohydrates: 47%
Fat: 22%

INGREDIENTS

6 oz TUNA, BLUEFIN, FRESH, RAW
1/4 tsp SALT, TABLE
1/4 tsp PEPPER, BLACK, GROUND
4 cup CHINESE CABBAGE, RAW (PE-TSAI), shredded
1 cup CUCUMBER, PEELED, RAW, sliced
1/2 cup CARROT, RAW, grated
1/3 cup ONION, RAW, sliced
1 cup ORANGE, FLORIDA, RAW, sections w/o membranes
1 cup TANGERINE, MANDARIN, RAW, Mandarin oranges, sections
2 tbsp CORIANDER LEAF, DRIED (CILANTRO, CHINESE PARSLEY)
1 tbsp LIME JUICE, RAW
2 tbsp WHITE WINE VINEGAR, Organic
1 tsp SESAME OIL, salad or cooking
1/4 tsp ROASTED RED CHILI PASTE

DIRECTIONS

Heat a grill pan coated with cooking spray over medui-high heat. Season tuna steaks and cook 2 minutes per side or until desired degree of doneness.

Combine cabbage and next 4 ingredients in a large bowl. Whisk together remaining ingredients, drizzle over vegetables and toss to combine.

Slice tuna into 1/4 inch slices and arrange over salad.

Nutrition Facts

Serving Size: 1 serving (561.5g)
Servings: 1

Amount Per Serving	
Calories 300	Calories from Fat 70
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 35mg	10%
Sodium 370mg	15%
Total Carbohydrate 36g	10%
Dietary Fiber 8g	30%
Sugars 24g	
Protein 24g	
Vitamin A 160%	Vitamin C 210%
Calcium 25%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet.	