



Lemon-Seared Tuna and Rosemary Skewers

Courtesy LadyFingers Private Chef and Catering Service

4 servings

Ingredients:

- 4 medium tuna steaks, 1-inch thick
- lemon-infused olive oil
- 4 sturdy rosemary sprigs

Instructions:

1. Cut each tuna steak into 1-inch wide strips, trimming off uneven edges to make nice square logs. Slice each log into $\frac{3}{4}$ -inch pieces.
2. Strip the leaves off of each rosemary sprig, starting at the bottom and leaving 1 $\frac{1}{2}$ - 2 inches of leaves remaining on the top of the sprig.
3. Thread the tuna pieces onto each rosemary stem, keeping the pieces squared up against each other and giving yourself four flat sides on each skewer.
4. Rub each skewer with lemon-infused olive oil.
5. Heat a large non-stick skillet to high. When pan is hot, add skewers and sear for 12 – 15 seconds. Immediately turn each skewer to the next side, searing again for 12 – 15 seconds. Repeat on remaining two sides.
6. Remove skewers from pan and serve over salsa.