

Seared Ahi Tuna with Mango Avocado Salsa

(Adapted from Whole 30 Fast & Easy by Melissa Hartwig)

For the salsa:

- 1 mango, pitted, peeled and diced
- 1 medium tomato, seeded and diced
- 2 green onions, minced
- 1 avocado, halved, pitted, peeled and diced
- ¼ cup roughly chopped fresh cilantro
- ½ jalapeno, seeded and minced
- Juice of 1 lime
- ⅛ teaspoon salt
- ⅛ teaspoon black pepper

For the tuna:

- 2 ahi tuna steaks (4 to 6 ounces each), about 1 inch thick
- Avocado oil
- 1 teaspoon black sesame seeds
- 1 teaspoon white sesame seeds
- ¼ teaspoons salt
- ¼ teaspoon black pepper

Make the salsa: In a medium bowl, combine all the salsa ingredients and toss to mix.

Make the tuna: Brush both sides of the tuna with a small amount of avocado oil. Season both sides with the sesame seeds, salt, and black pepper.

Heat a large ceramic nonstick skillet or cast-iron skillet over medium-high heat. Add the tuna and sear for 2 minutes on one side. Turn the tuna over and sear the other side for 2 minutes, until browned and crusty on the outside and rare inside. Serve the salsa with the tuna steaks.