

# Garlic Seared Tuna on Spinach

This simple but elegant dish is worthy of the finest restaurants. The tender garlic seared tuna is served on a bed of wilted spinach with sautéed garlic and onions. It is simple and will melt in your mouth with a loud pop of flavor.

4 Servings

## **Tuna**

4 Tuna medallions (1 ½ inch thick)  
1 TBS Olive Oil  
½ to 1 tsp Kosher Salt  
Fresh Ground Pepper  
1 tsp Garlic Powder  
1 tsp dried Parsley  
2 TBS Salted Butter

## **Spinach \***

1 medium Onion (sliced)  
1 TBS Olive Oil  
2 tsp minced Garlic  
1 bag of washed Baby Spinach  
½ tsp Salt  
Fresh Ground Pepper

Preheat your oven to 350°F.



Brush the tuna medallions with olive oil and coat both sides with the salt, plenty of fresh ground pepper (to taste), garlic powder, and parsley. Put back in the refrigerator for 15 minutes.

Peel and slice the onion. Heat 1 TBS of olive oil in a large frying pan and add the onion and cook until translucent (5-10 minutes). When the onions are cooked add the garlic and sauté for another 30 seconds. Add spinach (you may have to add in batches until it wilts), salt, and pepper and cook until the spinach is wilted, constantly turning the mixture.

Heat the butter in an oven safe medium frying pan over high heat just until the butter

begins to brown at the edges. Immediately place the tuna medallions in the pan and cook until lightly browned on all sides.

**Raw** - If you like your tuna raw in the middle serve immediately.

**Medium** - If you like your tuna pink in the middle, place the frying pan with the tuna in a preheated 350° oven for 5 minutes.

**Well** - If you like your tuna pink in the middle, place the frying pan with the tuna in a preheated 350° oven for 10 minutes.

Divide the spinach between 4 plates and place the tuna on top. Serve immediately. \*

### ***Cooking Tuna***

Just like their red four legged cousin, everybody prefers their tuna cooked to a different degree of wellness. Some like it red and cold on the inside and others like it gray and hot on the inside. No matter how you like your tuna, the critical factor that will affect it's taste is freshness. I recommend that you purchase sashimi grade tuna from a reputable fishmonger. If it doesn't smell fresh it is not fresh and no matter how you cook it will not taste good. Always buy fish and cook it the same day.

### **\* *PRONTO SUBSTITUTES***

***Spinach*** – This tuna will go equally well on top of your favorite salad.

***Serving suggestion*** – Serve with rice and asparagus parmesan.

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