

Tuna Steak Marinade

(Adapted from [Betties N Brimstone](#))

1/4 cup orange juice
1/4 cup soy sauce
2 tablespoons olive oil
1 tablespoon lemon juice
2 tablespoons chopped fresh parsley
1 clove garlic, minced
1/2 teaspoon chopped fresh oregano
1/2 teaspoon ground black pepper
4 (4 ounce) tuna steaks

In a large non-reactive dish, whisk together the orange juice, soy sauce, olive oil, lemon juice, parsley, garlic, oregano, and pepper.

Place the tuna steaks in a gallon-size plastic bag, and pour in the marinade. Refrigerate for at least 30 minutes. (I like to turn the bag at least once during the marinade process, to be sure all parts are coated and get a chance to soak in!)

You can grill these, or use a grill pan on the stove top. (I usually use the stovetop method, and skip the basting step.)

Grill directions: Preheat grill for high heat. Lightly oil grill grate. Cook the tuna steaks for 5 to 6 minutes, then turn and baste with the marinade. Cook for an additional 5 minutes, or to desired doneness. Discard any remaining marinade.