



## Tuna Piña Steak Recipe

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Preparation Time	10
Cooking Time	20
Serving Size	4

### Ingredients:

- 300 g tuna steak
- 1/2 cup garlic, crushed
- 1/4 tsp salt
- 1/8 tsp pepper, black
- 2 Tbsp calamansi juice
- 1 Tbsp oil
- 1 Tbsp oil
- 1/2 cup onion, white, cut into rings
- 2 Tbsp soy sauce
- 1 pouch DEL MONTE Pineapple Tidbits (115g)

### Preparation:

1. Rub fish with half of garlic then sprinkle salt and pepper. Sprinkle with half of calamansi juice. Pan-grill with 1 tablespoon oil until cooked. Set aside.
2. Sauté remaining garlic in 1 tablespoon oil until brown. Set aside some for topping. To the same pan, add onion, soy sauce, remaining calamansi juice, and DEL MONTE Pineapple Tidbits with syrup. Bring to a boil then turn down heat to simmer.
3. Add fish. Heat for 2 minutes. Serve topped with fried garlic.

### Chef's Tip

Fish is delicate and may stick to the grill. To avoid damaging the steaks, make sure the grill pan is clean and the pan is hot and lightly oiled.

### Lusog Notes

This dish is rich in vitamin A which helps maintain healthy skin and normal vision. It is also a source of niacin that promotes normal digestion.

### Cooking Skills Needed

- Grilling

### Cooking Tools

- Chopping Board
- Grill Pan