



Tuna Piña Steak Recipe

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

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- 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