



FUSTINI'S[®]

Seared Tuna with Pineapple Mango Salsa

Ingredients

- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- salt and pepper
- 4 6-ounce sushi-grade tuna steaks
- [Fustini's Medium SELECT olive oil](#)

Pineapple Mango Salsa

- 1 cup pineapple, finely chopped
- 1 ripe mango, peeled, pitted and diced
- 1/2 medium red onion, finely chopped
- 1 jalapeno, ribs & seeds removed, diced
- 1 small cucumber, diced
- 1/2 red bell pepper, diced
- 3 tablespoons fresh cilantro, chopped
- 3 tablespoons [Fustini's Persian Lime olive oil](#)
- 3 tablespoons [Fustini's Mango balsamic](#)
- juice of 1 lime

Directions

Step 1.

Mix spices together with salt, pepper and rub into the tuna steaks. Heat olive oil until it becomes shiny. Sear tuna steaks for about 2-3 minutes per side until medium-rare (about 125 degrees internal temperature). Serve with Pineapple Mango Salsa.

Step 2. Pineapple Mango Salsa

Mix all ingredients together and set aside. May also be prepared several hours ahead, refrigerate and bring to room temperature before serving.