

Seareu 1 una Steak with Mango Salsa

Recipe By Chayie Schlissfeld



Cooking and Prep:  20 m

Serves:  2

No Allergens 

- **Preference:** Parve
- **Difficulty:** Easy
- **Occasion:** Passover
- **Diet:** Paleo, Pescetarian, Gluten Free, Sugar Free
- **Source:** Whisk by Ami Magazine

For meals, tuna steak is a refreshing change to enjoy on Chol Hamoed. The mango salsa is easy, refreshing, and delicious.

Ingredients (9)

Tuna

- 2 tuna steaks
- 2 tablespoons coarse black pepper
- 1 teaspoon coarse salt
- 2 tablespoons [Gefen Olive Oil](#)

Mango Salsa

- 1 mango, diced
- 1 avocado, diced
- 1/2 red onion, diced
- 1/2 lime
- 2 tablespoons orange juice

Start Cooking

Prepare the Tuna Steak

1. 1.
Mix salt and pepper on a flat plate.
- 2.

Dip the sides of the tuna steak into the mixture (not the top and bottom surfaces that will touch the frying pan).

3. 3.

Heat olive oil in a large frying pan.

4. 4.

Place tuna steak in hot pan and cook for two to three minutes per side.

Prepare the Mango Salsa

1. 1.

Combine mango, avocado, and red onion.

2. 2.

Squeeze lime on top and pour in the orange juice. Serve on top of tuna steak.

Tip:

Prepare the mango salsa in the morning before you leave on your Chol Hamoed outing. You can also coat your fish and cook fresh in minutes.

Variation:

This tuna is great cold. Dice up any leftover steaks and mix it in with the mango salsa to take along with you on the following day's Chol Hamoed trip. The acid from the salsa will cook the fish totally through – but it will still be delicious.