

# Tuna with Caper Sauce

## Ingredients

- 1/2 cup extra virgin olive oil
- 1/2 cup Minced Italian Parsley
- 1/2 cup Pickled red Bell Peppers (Pimentos)
- 1/3 cup thinly sliced green onions
- 2 tbsp fresh lemon juice
- 2 tbsp Fresh Oregano, or 2 tsp Dried Oregano
- 3 tbsp capers, drained
- 6 3/4 In Thick Tuna Steaks

## Instructions

### Caper Sauce

1. Place items 1-7 in a pot and cook on medium for approximately 15 minutes until everything is soft

### Tuna

1. Spray both sides of Tuna with Olive Oil
2. Sprinkle with salt and pepper
3. Place Tuna on a hot grill and cook for approximately 3 minutes then turn tuna and cook an additional 3 minutes (for Rare)
4. Place Caper Sauce on top of tuna and serve

Note:

Serve with white rice covered with caper sauce



## Summary

**Yield:** 6

**Prep Time:** 5 minutes

**Category:** Seafood

**Cuisine:** American