

Summer Grilling - The Heat Is On!

Food Safety Tip: How do you know if your fish is grilled properly and done? Watch this quick tutorial from Chef Helen Rennie to learn more and be confident grilling fish: <https://youtu.be/fVJFM-xJ9os>

Grilling Technique: Tuna can easily become dry when cooked to well done. To seal in the natural juices and maintain moisture while grilling tuna steaks, slather them with mayonnaise and refrigerate for about an hour before grilling.

Grilled Tuna Steaks With Cucumber Dill Sauce

Serves 2

Ingredients

$\frac{3}{4}$ to 1 pound fresh tuna steak, approximately one inch thick

$\frac{1}{2}$ cup mayonnaise

Fresh ground pepper

Fresh lemon

For sauce:

8 oz lemon yogurt

1 cup mayonnaise

$\frac{1}{4}$ cup peeled and diced cucumber

$\frac{1}{2}$ tsp minced garlic

$\frac{1}{2}$ tsp fresh grated lemon zest

Pinch of salt



Directions

Prepare tuna one hour ahead using tip above. Preheat grill on high for ten minutes. Using long tongs, put tuna on grill for two to three minutes. Turn the tuna 180 degrees for another two minutes to create diamond pattern grill marks. Carefully flip the tuna steak over and grill for another three to five minutes.

For sauce:

Pulse all ingredients in a food processor until smooth and refrigerate until used.