



*simply seafood*

***st. john's tuna***

- ◇ 4-6 ounce tuna steaks
- ◇ Salt and fresh ground pepper, to taste
- ◇ 4 sprigs fresh thyme or rosemary, chopped
- ◇ 1 teaspoon fresh grated ginger
- ◇ 1 sliced clove garlic
- ◇ 2 tablespoons low sodium soy sauce
- ◇  $\frac{1}{2}$  lime (juice of)
- ◇ 2 tablespoons olive oil

In a mixing bowl blend the spices, soy sauce, lime juice and olive oil. Brush the sauce over both sides of the tuna. Cover with plastic wrap and let stand 1/2 hour until ready to broil. Place the tuna about 4 inches from the broiler and broil 3 minutes per side. The tuna can also be grilled on high (closed cover) 3 minutes per side. The leftover sauce can be served hot over the tuna. Add a great salad, Caribbean rice and enjoy!

Makes 4 servings

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