Recipe: **AHI TUNA CURRY**

Date: _____

Total Yield	*Diet Type*
4 Servings	↗ GENERAL ↗ GLUTEN-FREE ◯ VEGAN ↗ KETO ◯ OTHER -

Ingredients

Ahi Tuna Steaks - 4 Pcs.

Frying oil - ¼ cup (2 fl. oz)

Coconut Cream - 14-15 oz. can

Banana Peppers - 4 pcs.

Salt & Pepper - 2 tsp.

Paprika - 2 tsp.

Fresh Garlic - 2 teaspoon

Curry Powder - 1 tablespoon

Cumin Powder - 2 teaspoon

Red Pepper Flakes for garnish

Preparations & Cooking

1. Prepare all the ingredients.

2. Season the tuna steak before frying. Use salt, pepper, and paprika.

3. Fry or sear the steak quickly over high heat. Remove it from heat as soon as the flesh turns white.

4. In the same pan, saute the garlic and add the coconut cream, curry powder, and cumin powder.

5. Let it simmer for 5 minutes.

6. Stir the mixture. Then add all the tuna steaks to the pan.

7. Also, add the sliced banana peppers. Let it simmer again for another 5 minutes.

8. Taste the sauce and adjust if needed by adding salt and pepper or curry powder.

9. Add the red pepper flakes on top for garnish.

Dietary Recommendations:

* This recipe is also good for **Low-Carb** and **Dairy-free** diets.

* Use healthier oil for frying.

Total Cost:

Prep Time:

10 minutes

Cook Time:

15 minutes