

SEARED TUNA WITH PAPAYA SALSA

Yield: Makes 4 servings

INGREDIENTS

2 firm-ripe papaya (about 1 lb.)
1/2 cup finely diced red onion
2 fresh jalapeño or serrano chili, rinsed, stemmed, seeded, and minced
4 tablespoons chopped fresh cilantro leaves
2 tablespoon lime juice
Salt
4 albacore tuna steaks (6 oz. each)
4 teaspoons olive oil
Coarsely ground black pepper

PREPARATION

Peel and seed papaya; cut into 1/2-inch cubes. In a bowl, mix papaya, onion, chili, cilantro, and lime juice. Add salt to taste. Set aside while preparing fish or cover and chill up to 4 hours.

Rinse fish and pat dry. Coat both sides of steaks with oil and sprinkle all over with salt and pepper. Heat a 10- to 12-inch nonstick frying pan over high heat; add fish and cook, turning once, until opaque on both sides but still pink in the center (cut to test), 4 to 6 minutes total. Transfer steaks to plates and spoon salsa over servings.

