

SPAIN

Spanish Tuna Steak

Spanish Tuna Steak is a popular seafood dish enjoyed in coastal areas of Spain. The tuna is usually grilled or pan-seared with olive oil, garlic, and Mediterranean herbs. This cooking method enhances the natural flavor of the fish while keeping it juicy and tender. The dish has a rich, savory taste with a slightly smoky aroma from grilling. The texture is firm on the outside with a soft and moist center, making it a flavorful and satisfying fish dish often served in Spanish restaurants.



Ingredients

- 4 tuna steaks (about 6 ounces each)
- 3 tablespoons olive oil
- 2 cloves garlic, minced
- 1 tablespoon lemon juice
- 1 teaspoon paprika
- 1 teaspoon dried oregano
- Salt and black pepper to taste
- Lemon wedges for serving
- Fresh parsley for garnish (optional)

How to prepare

1. Pat the tuna steaks dry and place them in a shallow dish.
2. In a bowl, mix olive oil, minced garlic, lemon juice, paprika, oregano, salt, and pepper to prepare the marinade.
3. Coat the tuna steaks with the marinade and let them rest for about 15–20 minutes.
4. Heat a grill pan or skillet over medium-high heat and lightly grease it with olive oil.
5. Place the tuna steaks on the hot pan and cook for about 3–4 minutes on each side until the outside is lightly browned while the inside remains tender.
6. Remove the tuna steaks from the pan and place them on a serving plate.
7. Garnish with fresh parsley and serve hot with lemon wedges.