



SEARED AHI TUNA & MANGO SALSA

SERVINGS: 4 | PREP TIME: 15 MINS | COOK TIME:

INSTRUCTIONS:

1. In a bowl, combine all the spices for your rub. Brush your tuna with grape seed oil, and cover the fish with your spices, getting all sides nicely coated. Set aside.
2. Peel and dice your mangos into small chunks, and place in a medium bowl. Finely dice your red onions, jalapeños, and cilantro, and stir into the mango. Add your lime juice and season with sea salt, and pepper. Stir, and set aside.
3. Place your Frigidaire Professional griddle attachment over the PowerPlus® 2-in-1 Burner & Griddle and turn the heat to medium high. Melt your butter, and sear your tuna (about 1 - 1/2 minutes per side) so the outside of your fish is blackened, but the inside is still pink.
4. Slice the seared tuna into thin strips. Combine your sour cream and one tablespoon lime juice, and stir together
5. Top each taco with a dollop of sour cream, 2 pieces of tuna, and 2 - 3 tablespoons of salsa. Add a spring of cilantro, and enjoy immediately.

INGREDIENTS:

Griddle
1 1/2 Pounds yellowfin tuna
8 Tortilla shells
1/2 Cup sour cream
1 TBSP. lime juice
1 TBSP. butter
1 Bunch of cilantro
2 tsp. grapeseed oil

SPICE RUB

2 TBSP. paprika
1 TBSP. oregano
1 tsp. cayenne
1/2 tsp. garlic powder
1/2 tsp. sea salt
1 tsp. black pepper

MANGO SALSA

2 Ripe Mangos
1/2 Cup red onion
1/2 Cup cilantro
1 1/2 TBSP. lime juice
1-2 Jalapenos