

# MARINATED TUNA STEAKS



Prep Time

**10** min

Inactive Prep Time

**30** min

Cook Time

**11** min

Level

**Easy**

Servings

**4**

## *Ingredients*

4 tuna steaks  
¼ cup orange juice  
¼ cup soy sauce  
2 tablespoons olive oil  
1 tablespoon lemon juice  
2 tablespoons chopped fresh parsley  
1 clove garlic, minced  
½ teaspoon chopped fresh oregano  
½ teaspoon ground black pepper

## *Directions*

- 1.** In a large non-reactive dish, mix together the orange juice, soy sauce, olive oil, lemon juice, parsley, garlic, oregano, and pepper.
- 2.** Place the tuna steaks in the marinade and turn to coat.
- 3.** Cover, and refrigerate for at least 30 minutes.
- 4.** Preheat grill or skillet (pan) on high heat.
- 5.** Lightly oil grill grate or pan.
- 6.** Cook the tuna steaks for 5 to 6 minutes, then turn and baste with the marinade.
- 7.** Cook for an additional 5 minutes, or to desired doneness. Discard any remaining marinade.