

Recipe for: Black Pepper Tuna with Artichokes

Ingredients:

2 Tbsp olive oil
½ red onion thinly sliced
(3) 6.5 oz jars artichoke hearts, drained & halved
1 lemon cut into 8 slices
2 cloves garlic thinly sliced
1 ½ lbs fresh tuna, cut into 1 inch cubes
1 ½ tsp Real Salt
1 tsp black pepper
2 cups cooked brown rice

Preparation:

Heat 1 Tbsp olive oil in a large skillet over medium heat.

Add onion and cook until softened, about 3 minutes.

Add artichokes, lemon and garlic.

Cook until heated through, 3 more minutes.

Transfer to a plate.

Season tuna with salt and pepper.

Heat the remaining oil in the skillet.

Cook the tuna, turning to brown on all sides to desired doneness, about 2 minutes for medium.

Return artichoke mixture to skillet and toss to combine.

Serve over rice.