



## Cajun Tuna With Black Beans

**Estimated Prep Time:** 10 min

**Estimated Cook Time:** 5 min

Makes 2 servings

Look for dark red/purple tuna. You can also cook the tuna on the grill over high heat.

### Ingredients:

- 1 cup cooked Sushi Rice
- 1 can (about 15 oz) ranch-style Black Beans
- 2 fresh Ahi Tuna Steaks, 4 to 6 oz each
- Olive Oil
- 1 Roma or Plum Tomato, chopped
- 1/4 small Onion, chopped
- Fresh Cilantro

### Cooking Materials:

Small saucepan; small skillet.

### Directions:

1. Pull the rice out of the fridge and divide onto 2 plates. Set aside.
2. Pour the beans into a saucepan and warm.
3. Sprinkle each side of the tuna with Cajun seasoning. Drizzle a small amount of oil into the skillet and heat oil until very hot. Add the tuna and sear it about 2 min on each side. Do not overcook! The tuna should still be pink on the inside.
4. While the tuna is cooking, heat the rice in the microwave.
5. As soon as the tuna is cooked, remove it from the heat. Place the serving of beans on top of the rice, top with a piece of tuna, and garnish with the tomato, onion, and cilantro.