



TUNA TACOS

Category: Fish

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Tuna Tacos

Tuna tacos are a fresh, vibrant, and flavorful twist on the traditional taco. Packed with tender, seared tuna, crunchy vegetables, and a zesty sauce, these tacos are a perfect fusion of delicious ingredients.

The rich taste of the tuna, enhanced by a quick sear, pairs perfectly with the fresh toppings like avocado, cabbage, and a tangy lime dressing.

Whether you're looking for a quick weeknight meal or something light and healthy for a gathering, Tuna Tacos will satisfy your craving for something exciting and delicious. The best part is, they come together in minutes, making them ideal for busy days or casual dinners.

Ingredients:

For the Tuna:

2 tuna steaks (6 oz each), sushi-grade

1 tbsp olive oil

Salt and pepper, to taste

1 tsp smoked paprika

1 tsp cumin

1 tsp garlic powder

1/2 tsp chili powder

For the Taco Filling:

8 small soft corn or flour tortillas

1/2 cup shredded purple cabbage

1/4 cup shredded carrots

1/2 avocado, sliced

1/4 cup fresh cilantro, chopped

1 small red onion, thinly sliced

1/4 cup crumbled feta or cotija cheese (optional)

For the Sauce:

3 tbsp sour cream or Greek yogurt

1 tbsp mayonnaise

1 tbsp lime juice

1 tsp sriracha (optional for heat)

Salt and pepper, to taste

How to Make:

Prepare the Tuna: Pat the tuna steaks dry with a paper towel to remove any excess moisture. This helps to get a good sear on the fish. In a small bowl, combine the smoked paprika, cumin, garlic powder, chili powder, salt, and pepper. Rub this seasoning mixture evenly over both sides of the tuna steaks.

Cook the Tuna: Heat the olive oil in a skillet over medium-high heat. Once the oil is hot, add the tuna steaks to the skillet and sear for 1.5-2 minutes on each side for rare to medium-rare tuna (adjust the cooking time if you prefer a more well-done steak). The tuna should have a nice crust on the outside but remain pink and tender in the center. Remove the tuna from the skillet and let it rest for a minute before slicing it into thin strips.

Make the Sauce: In a small bowl, mix together the sour cream (or Greek yogurt), mayonnaise, lime juice, and sriracha. Season with salt and pepper to taste. Stir well to combine and set aside.

Assemble the Tacos: Warm the tortillas in a dry skillet over medium heat for about 30 seconds on each side or microwave them for 10-15 seconds until soft and pliable. To assemble the tacos, place a few slices of the seared tuna in the center of each tortilla. Top with shredded cabbage, carrots, avocado slices, red onion, and cilantro. Drizzle with the creamy sauce, and sprinkle with feta or cotija cheese if desired.

Serve: Serve the tacos immediately, garnished with extra cilantro and a lime wedge on the side for a fresh burst of citrus. These tuna tacos are best enjoyed while the tuna is still warm and the vegetables are fresh and crunchy.

Chef's Note:

Tuna is the star of this dish, so be sure to use high-quality, sushi-grade tuna for the best flavor and texture. You can also experiment with different toppings like pickled jalapeños, pineapple salsa, or even a sprinkle of chili flakes for an extra kick. For a lighter version, you can skip the mayo and sour cream sauce and use a drizzle of olive oil or a yogurt-based dressing. These tacos are also great with grilled fish, so feel free to substitute the tuna with other fish like mahi-mahi or swordfish.

Nutrition Information (per serving, 2 tacos):

Calories: 350

Protein: 30g

Carbohydrates: 25g

Fat: 16g

Saturated Fat: 3g

Cholesterol: 50mg

Sodium: 500mg

Fiber: 4g

Sugars: 5g

Tuna tacos are an ideal choice for a healthy, flavorful meal that's both satisfying and light. The combination of tender tuna, fresh vegetables, and zesty sauce makes each bite a delightful experience. With the added crunch of the cabbage and the creamy, spicy sauce, these tacos are sure to become a favorite in your recipe rotation. Whether you're enjoying them on a weeknight or serving them at a dinner party, Tuna Tacos are a crowd-pleaser that brings fresh flavors to the table.