



# Lime Ginger Haidacore Tuna

## Ingredients:

- 500g of sliced Haidacore loin, cut into medallions
- Kosher salt and freshly ground pepper, to taste
- 4 tablespoons soy sauce or gluten-free tamari sauce
- 1 tablespoon fresh ginger root, finely grated
- 1 tablespoon olive oil
- 1 lemon, sliced

# LIME GINGER HAIDACORE TUNA

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## INSTRUCTIONS

- 01** Season the fish with salt and pepper.
- 02** Combine the lime juice, soy sauce, fresh ginger, and olive oil in a bowl.
- 03** Lay the fish medallions in a small casserole dish, and pour the lime ginger marinade over it.
- 04** Let it sit in the refrigerator for about 10 minutes.
- 05** Heat a medium cast-iron skillet over medium high heat.
- 06** Cook the fillets for about 5 minutes on each side, until cooked through.
- 07** Transfer to a plate and garnish with a couple of slices of lemon.

