



Lemon-Garlic Tuna Scampi

20
minutes
or less

INGREDIENTS

1 lb Fish Market fresh Ahi tuna steaks, 1/2-in. thick
3 tbsp Gustare Vita olive oil, divided
3/4 tsp Hy-Vee salt
1/2 tsp Hy-Vee black pepper
1/2 (16-oz.) pkg. Hy-Vee angel hair pasta
6 tbsp Hy-Vee salted butter, chopped
1 tbsp bottled minced garlic
3/4 cup water
1 tbsp lemon zest
2 tbsp fresh lemon juice
1/2 tsp Hy-Vee crushed red pepper
1 tbsp Italian parsley, chopped
1/2 cup Soirée shaved Parmesan cheese

PREPARATION

- 1** Bring 2 quarts hot tap water to a boil in large saucepan. Brush tuna with 1 tablespoon olive oil. Sprinkle with salt and black pepper.
- 2** Cook pasta in boiling water 3 minutes. Drain pasta; set aside.
- 3** Meanwhile, heat remaining 2 tablespoons olive oil in large skillet over medium-high heat. Cook tuna 4 to 6 minutes until it reaches 145°, turning halfway through. Remove from skillet. Cut into bite-size pieces.
- 4** Melt butter in same skillet over medium heat. Stir in garlic; cook 30 seconds. Stir in water, lemon zest and juice, and crushed red pepper. Simmer 1 minute. Add cooked pasta, tuna, and parsley to skillet; toss to coat. Sprinkle with cheese before serving.

NUTRITION FACTS

Calories: 690
Total Fat: 37g
Saturated Fat: 17g
Trans Fat: .5g
Cholesterol: 115mg

Sodium: 990mg
Carbohydrates: 45g
Fiber: 3g
Sugar: 2g
Protein: 44g