

# Grilled Tuna Steaks with Dill & Chive Sauce

**musclefood**  
Premium nutrition for peak performance

## Ingredients

- **4 x** Yellowfin Tuna Steaks
- **150ml** Reduced sodium chicken stock
- **1 tbsp.** fresh chives – finely chopped
- **1 tsp.** coarse mustard
- **1 tbsp** Olive oil



*A delish low carb, low fat meal that's packed full of muscle building protein!*

## Cooking method

### TO COOK

1. Heat a large fry pan over a medium heat and combine the chicken stock, chives, dill and mustard.
2. Bring the mix to the boil and allow bubbling for 3 minutes – making sure to continuously whisk the sauce.
3. Once reduced by half, remove the pan from the heat.
4. Meanwhile, rub the olive oil all over the tuna steaks then pop them under the grill for roughly 4 minutes on each side – or until opaque throughout.
5. Remove from the grill and drizzle with the sauce and serve hot.

**Serves: 4**

**33g**  
PROTEIN

**235**  
CALORIES

**1g**  
CARBS

**0g**  
FIBRE

**4g**  
FAT

**1g**  
SAT FAT