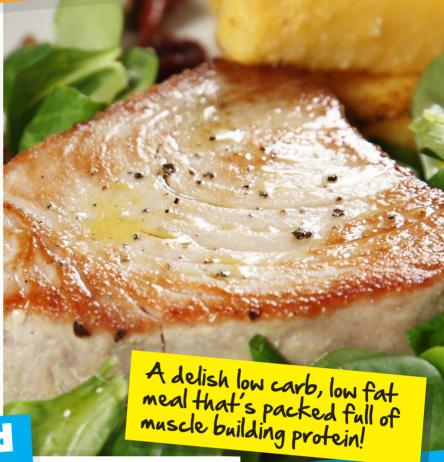


Grilled Tuna Steaks musclefood with Dill & Chive Sauce

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



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**

1 G CARBS

0g **FIBRE**

49 FAT

1 G SAT FAT