Pan Seared Blackened Ahi Tuna

4.86 from 14 votes

Prep Time	Cook Time	Total Time
10 mins	1 min	11 mins

This seared blackened ahi tuna is made with a blackened seasoning mix of paprika, cayenne pepper, ground ginger, black pepper, oregano, fennel seeds, clove.

Course: Dinner, Main
Cuisine: American, Western
Keyword: blackened ahi, blackened seafood, pan seared ahi
Servings: 4
Calories: 228 kcal
Author: Kevin Is Cooking

Ingredients

1 lb fresh ahi tuna
2 1/2 tsp Blackened Spice Rub (See below recipe)
1/4 cup melted butter

Blackened Seafood Spice Rub:

1 tsp paprika
1/2 tsp cayenne pepper
1/4 tsp ground ginger
1/4 tsp black pepper
1/4 tsp oregano
1/4 tsp fennel seeds
1/8 tsp ground clove

Instructions

1. Rinse the fish and pat dry with paper towels. Slice into 1/2 inch steaks.
2. In a small bowl mix together the spices and set aside.
3. Place a frying pan or cast iron skillet over high heat until it starts to smoke. Keep kitchen area well ventilated.
4. Toss the ahi tuna in melted butter and then coat with spice mixture on both sides. Press spice mixture to adhere. Immediately sear on high heat each side for 10 seconds for pink in the middle, or for no more then 30 seconds to cook through well. Serve immediately.

Nutrition Facts

Pan Seared Blackened Ahi Tuna

Amount Per Serving (2 g)

Calories 228	Calories from Fat 110
	% Daily Value*
Total Fat 12.2g	**19%**
Cholesterol 74.7mg	**25%**
Sodium 53.3mg	**2%**
Total Carbohydrates 0.7g	**0%**
Sugars 0.1g	
Protein 28g	**56%**

* Percent Daily Values are based on a 2000 calorie diet.