**Seared Ahi tuna**

**ingredients**

8 oz tuna steak

2 tbsp Cajun seasoning (recipe below)

1 tbsp wasabi aioli (recipe below)

1 tbsp siracha aioli (recipes below)

3.5 oz asparagus

Wasabi aioli

1 tbsp wasabi powder

½ cup mayo

1 tbsp rice wine vinegar

1 tsp salt

1 tsp pepper

Mix ingredients in a bowl and set aside.

Siracha aioli

1 tbsp of Cajun seasoning

2 tbsp honey

3 tbsp siracha

Mix ingredients in a separate bowl and set aside.

Cajun seasoning

3 tbsp paprika

2 tbsp garlic powder

2 tbsp Italian seasoning

2 tbsp salt

1 tbsp cayenne pepper

1 tbsp dried thyme

1 tbsp onion powder

Mix all ingredients in a separate bowl and set aside.

**Method**

Place tuna steak in Cajun seasoning and completely coat on both sides then sear tuna on each side in a sauté pan. Sear for only 2-3 minutes so that middle still remains raw. Take out of pan and slice tune into thin strips. Use your aioli’s to dip your tuna in and enjoy

Tips: This is a great low-calorie dish. You can eat by itself or eat with a garden salad. If you’re looking for a heavier meal try serving with rice and grilled vegetables.