

Core Cooking with Mandie Shockley

Grilled Balsamic Ginger Tuna

INGREDIENTS:



8-16 oz. Fresh Wild Caught Tuna
1 clove chopped garlic
1 tsp ground fresh ginger or dried
Pinch red bell pepper flakes
Splash Balsamic Vinegar

INSTRUCTIONS

Mix all ingredients other than tuna in a small bowl to make marinade.

Marinate Tuna for about 10 minutes.

Grill Tuna for 4-5 minutes on each side until cooked to desired temperature.