



# Tuna Steak

## Ingredients

- ¼ cup orange juice
- ¼ cup soy sauce
- 2 tablespoons olive oil
- 2 tablespoons chopped fresh parsley
- 1 tablespoon lemon juice
- 1 clove garlic, minced
- ½ teaspoon chopped fresh oregano
- ½ teaspoon ground black pepper
- 4 tuna steaks (4 ounces each)

## Instructions

### 1. Prepare the marinade:

In a large non-reactive dish, whisk together orange juice, soy sauce, olive oil, parsley, lemon juice, garlic, oregano, and black pepper until well combined.

### 2. Marinate the tuna:

Add the tuna steaks to the marinade, turning to coat evenly. Cover the dish with plastic wrap and refrigerate for at least 30 minutes to let the flavors infuse.

### 3. Preheat the grill:

Heat an outdoor grill to high and lightly oil the grates to prevent sticking.

### 4. Grill the tuna:

Remove the tuna from the marinade, shaking off excess liquid, and reserve the marinade for basting. Place steaks on the grill and cook for 5 to 6 minutes.

### 5. Flip and baste:

Turn the steaks over, brush with reserved marinade, and grill for another 5 minutes or until desired doneness. Discard any leftover marinade.

### 6. Serve:

Plate the tuna steaks immediately and enjoy their fresh, tangy flavor.