



# TUNA STEAK WITH SEASONED BUTTER

Makes approximately 12 oz.

Shareable Link:

<https://whiterosemanor.com/recipe-tuna-steak-with-seasoned-butter>

## INGREDIENTS (4 servings)

Tuna Steaks 1-4 ct. 1-inch thick Yellow-fin or Ahi Tuna Steaks  
 Seasoned Butter  
 0.5 (1/2) C. melted Clarified Butter/Ghee  
 2 tsp. Worcestershire Sauce  
 0.25 (1/4) tsp. Granulated Garlic  
 0.25 (1/4) tsp. Seasoned Salt Cracked Pepper to taste

## INSTRUCTIONS

### Prep Tip

*Prepare rice (if desired) and seasoned butter prior to grilling steaks. In pan or microwave-safe bowl, melt clarified butter/ghee. To melted butter, add Worcestershire Sauce, Garlic, and Seasoned Salt. Mix well. Portion into individual servings (ramekins) for dipping.*

Preheat grill (broil, if preferred). Place steaks on grill. Lightly season top of steaks with Salt and Pepper. Cook to desired doneness.

Serve steaks aside rice with butter for dipping.

Our recipes can be found in our Blog on our website.

Wonderfully yours,

*Alice*

[WhiteRoseManor.com](http://WhiteRoseManor.com)

### Nutrition Facts

#### White Rose Manor B & B - Tuna Steak with Seasoned Butter

Servings:

Calories	389	Sodium	168 mg
Total Fat	29 g	Potassium	2 mg
Saturated	19 g	Total Carbs	1 g
Polyunsaturated	0 g	Dietary Fiber	0 g
Monounsaturated	0 g	Sugars	1 g
Trans	1 g	Protein	27 g
Cholesterol	130 mg		

Vitamin A	1%	Calcium	1%
Vitamin C	1%	Iron	4%

\*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



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