

Grilled Yellowfin Tuna with Teriyaki Sauce



main meals

POINTS® Value: 4

Servings: 4

Preparation Time: 8 min

Cooking Time: 9 min

Level of Difficulty: **Easy**

A summertime pleaser. The teriyaki sauce is simple to make and so full of flavor: rich, tangy and thick.

Ingredients

- 1 sprays cooking spray
- 3 medium garlic clove(s), finely minced
- 2 Tbsp ginger root, fresh, finely minced
- 1 Tbsp sherry cooking wine, or mirin
- 1/2 cup low-sodium soy sauce
- 1/2 cup orange juice
- 1/4 cup water
- 3 Tbsp packed brown sugar, dark-variety
- 1 Tbsp cornstarch
- 16 oz yellowfin tuna, 1-inch thick

Instructions

Coat grill rack with cooking spray; preheat grill to high.

To make teriyaki sauce, in a small saucepan, combine garlic, ginger, sherry, soy sauce, orange juice, water, sugar and cornstarch. Boil for 5 minutes, stirring constantly, until thick.

Coat all sides of tuna with teriyaki sauce. Grill, flipping once, brushing on more teriyaki sauce as fish cooks, about 4 minutes for rare, or longer to desired degree of doneness.* Serve with arugula tossed with your favorite salad dressing, or some oil, vinegar, salt and pepper (could affect **POINTS** values). Yields about 3 ounces of tuna per serving.

Notes

*Grill 3 minutes per side for a 2-inch tuna steak cooked to rare. Or cook longer until desired degree of doneness.

You can also broil the tuna. Just preheat the broiler, along with the pan, to high.