

Pistachio-Crusted Tuna Steaks

Recipe created by Della Femina Rothschild Jeary & Partners

Pistachio crust teams up with a savory mustard-dill sauce for an exceptional tuna dish. Choose “sushi grade” tuna steaks if you prefer a milder flavor. Make it a meal: Serve with brown rice and steamed broccolini.

Cooking Information

Serves: 4

Total Time: 30 min

Prep Time: 15 min

Cook Time: 15 min

Ingredients

	Magnesium per ingredient*
* 1 tablespoon(s) thinly sliced shallot	2 mg
* 1 bay leaf	----
* 1/2 cup(s) white wine	10 mg
* 3 tablespoon(s) reduced-fat sour cream	3 mg
* 2 teaspoon(s) lemon juice	>1 mg
* 2 teaspoon(s) chopped fresh dill, divided	----
* 1 teaspoon(s) whole-grain mustard	2 mg
* 1/8 teaspoons(s) pepper	4 mg
* 1/2 teaspoon(s) salt, divided	0 mg
* 1/4 cup(s) coarse dry breadcrumbs, preferably whole-wheat (see Note)	24 mg
* 1/4 cup(s) shelled pistachios	----
* 4 4-ounce tuna steaks, 1-1 1/4 inches thick	56 mg/steak
* 1 teaspoon(s) extra-virgin olive oil	0 mg

Directions

1. Place shallot, bay leaf and wine in a small saucepan and bring to a boil. Reduce until the wine is almost evaporated, about 5 minutes. Remove from the heat, discard bay leaf and transfer to a small bowl. Add sour cream, lemon juice, 1 teaspoon dill, mustard, 1/8 teaspoon pepper and 1/4 teaspoon salt; stir to combine.

2. Put breadcrumbs, pistachios, the remaining 1 teaspoon dill and 1/4 teaspoon salt in a blender or food processor. Process until finely ground. Transfer to a shallow bowl. Dredge both sides of the tuna in the pistachio mixture.

3. Heat oil in a large nonstick skillet over medium heat. Add the tuna and cook until browned, adjusting the heat as necessary to prevent burning, 4 to 5 minutes per side for medium-rare. Serve with the lemon-dill sauce.

One serving of this recipe contains approximately 67 mg of magnesium* based on the [Magnesium Calculator](#) within this site. Visit our [Magnesium Calculator](#) to find out how much magnesium is in your favorite recipes.

***This is only an approximation of magnesium intake.**