

Pan-Seared Tuna with Mango Salsa and Orange Lime Sauce

Tuna Steak with Mango Salsa & Citrus Mango Sauce - Fresh, Light, and Packed with Flavor



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15 min

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INGREDIENTS

For the Tuna Steaks:

2 thick tuna steaks (about 1.5 inches, pinkish center preferred)

2 tablespoons olive oil

Kosher salt and freshly ground black pepper

For the Mango Salsa:

1 ripe mango, peeled and diced

2 tablespoons red onion, finely chopped

1 tablespoon red bell pepper, finely diced

1 small Roma tomato, seeded and diced

1 tablespoon fresh cilantro, chopped

1 small jalapeño, seeded and minced (optional)

Juice of 1 lime

1 tablespoon olive oil

Salt and pepper, to taste

For the Citrus Mango Sauce:

½ ripe mango, diced

Juice of 1 orange

Juice of ½ lime

1 teaspoon honey

Pinch of salt

For Garnish:

Microgreens

Edible flowers

Olive oil for drizzling

DIRECTIONS

1. **Make the Mango Salsa:** In a bowl, combine diced mango, red onion, bell pepper, tomato, cilantro, and jalapeño. Add lime juice and olive oil. Season with salt and pepper. Toss gently and chill for 15 minutes to meld flavors.
2. **Prepare the Citrus Mango Sauce:** In a blender, combine ½ mango, orange juice, lime juice, honey, and a pinch of salt. Blend until smooth. For extra elegance, strain the sauce through a fine mesh sieve. Set aside.
3. **Sear the Tuna Steaks:** Pat the tuna steaks dry. Brush lightly with olive oil and season both sides with salt and pepper. Heat a heavy skillet or grill pan over high heat until very hot. Sear tuna 1-2 minutes per side for rare (pink in the center), or longer if desired. Remove from heat and let rest briefly.
4. **Plating the Dish:** Spoon a generous amount of citrus mango sauce onto a clean white plate. Place the seared tuna steak slightly off-center. Top with a scoop of mango salsa. Garnish with microgreens, edible flowers, and a light drizzle of olive oil for shine.

SWAPS & NOTES

Try a pinch of chili flakes or leave it out for a milder salsa.

Swordfish or salmon steaks work in a pinch-just adjust cook time.

Add texture with crushed macadamia nuts or crispy shallots on top.

Vegan option : Try pan-seared tofu and pair it with the same salsa and sauce.

TIPS FOR SUCCESS

Don't overcook the tuna -you want a pink, sashimi-style center for the best texture.

Preheat your pan until it's smoking hot for that perfect sear.

Use ripe mangoes that are soft to the touch for natural sweetness.

Let the salsa sit at least 15 minutes to build flavor.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/pan-seared-tuna-with-mango-salsa-and-orange-lime-sauce/>