

blackened tuna with pecan–sweet potato mash

SERVES 1 • READY IN 30 MINUTES OR LESS

PHASE 2



Ingredients:

- 1 medium sweet potato, peeled and cut into 6 slices
- ½ teaspoon garlic powder
- ½ teaspoon paprika
- ¼ teaspoon salt, plus more to taste
- ¼ teaspoon black pepper, plus more to taste
- ⅛ teaspoon cayenne pepper
- 1 (6-ounce) tuna steak
- 1 teaspoon olive oil
- 1 ½ teaspoons unsalted butter
- Pinch cinnamon
- 5 pecan halves, coarsely chopped
- 2 cups lightly packed spinach leaves or broccoli florets, steamed, or other steamed select vegetable

Place the sweet potato in a microwave-safe dish with 1 tablespoon of water. Cover and microwave for 5 minutes until cooked.

Meanwhile, mix the garlic powder, paprika, salt, black pepper, and cayenne in a small bowl. Sprinkle on both sides of the tuna steak. Heat the oil in a cast-iron or a heavy skillet over medium-high heat for 30 seconds. Add the tuna and cook to desired doneness, about 2 minutes on each side for medium-rare.

Drain and mash the sweet potato. Stir in the butter, cinnamon, salt, and pepper to taste. Serve with the tuna. Sprinkle the pecans over the sweet potato. Serve with spinach.