

BAKED TUNA STEAKS AND VEGETABLE WITH CREAMY DIJON TURMERIC SAUCE

Preparation: 20 minutes | Cooking: 10 minutes | Servings: 4

INGREDIENTS

1 1/4 pound tuna, cut in four 1-inch-thick pieces
4 cups kale, chopped
2 cups Yukon gold potatoes, thinly sliced
1/4 cup mayonnaise
1 tablespoon fresh parsley, chopped
2 teaspoons Dijon mustard
1 teaspoon honey
1/2 teaspoon salt
1/2 teaspoon ground turmeric
3/8 teaspoon ground pepper



INSTRUCTIONS

Start by preheating the oven to 450 degrees. Cut 4 large sheets of parchment paper, each about 16-12 inches. Next, combine mayonnaise, parsley, mustard, honey and turmeric in a small bowl. To make the parchment packets, lay the parchment sheets on a work surface with the long sides closest to you. Fold each in half (bringing the short sides together), then open. Place 1/2 cup potatoes on one side of each piece of parchment and sprinkle with 1/4 teaspoon salt and 1/8 teaspoon pepper. Top each with 1 cup of kale and a piece of tuna. Sprinkle the tuna with the remaining 1/4 teaspoon each salt and pepper. Brush with the mayonnaise mixture. Close the packets and seal the edges with small, tight folds. Place them on a large baking sheet. Bake the fish until cooked through, about 10-15 minutes. After cooking, allow the packets to sit for 3-5 minutes.