SPANISH · DINNER

Basque-Style Tuna Steaks with Peppers and Tomato

Atún a la vizcaína

25 min · Serves 2 · 558 kcal a serve · Video 7:08 · Spain on a Fork

Pescatarian · Paleo · Gluten-free ingredients · No dairy listed · No nuts listed

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50 g protein, 18 g net carbs and under 500 mg sodium a serve: seared tuna steaks over onion, red and green peppers and tomato simmered with smoked paprika and white wine. No flour, sugar or dairy.

Diet notes: Low saturated fat (3.6 g, 6% of the energy); DASH-friendly (490 mg sodium a serve).

Ingredients 11 · SERVES 2

- [ ] 1 **red bell pepper**, thinly sliced
- [ ] 1 **green bell pepper**, thinly sliced
- [ ] 1 large **onion**, thinly sliced
- [ ] 4 **garlic** cloves, thinly sliced
- [ ] 2 **tomatoes**, finely grated (about 120 g)
- [ ] 3 tbsp (50 ml) extra **virgin olive oil** (a generous 2 tbsp for the vegetables, the rest for the tuna)
- [ ] 1 tsp **sweet smoked Spanish paprika**
- [ ] 125 ml **white wine**
- [ ] 2 **fresh tuna steaks**, 200 g each, 2½ cm thick
- [ ] **sea salt** to taste and black pepper
- [ ] a handful of **fresh parsley**, chopped

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Fish, Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Thinly slice the peppers, onion and garlic, and grate the tomatoes. 0:51
2. Heat a generous 2 tbsp olive oil in a large frying pan over medium heat for about a minute, add all the sliced vegetables and cook about 5 minutes, stirring now and then, until the onion is translucent. 1:43
3. Stir in the paprika quickly, add the grated tomato, season and simmer about 3 minutes. 2:19
4. Pour in the white wine, lower the heat and leave it to simmer gently while you cook the tuna. 3:08
5. Heat a nonstick grill pan over medium. Pat the tuna dry, rub with a little oil, season both sides and cook 2 minutes a side for 2½ cm steaks (less if thinner, a little more if thicker). 3:38
6. Spoon the vegetables onto plates, set the tuna on top and scatter with parsley. 5:13

> **Tip** Don't overcook the tuna: pink in the middle keeps it tender.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
558 kcal 2,330 kJ	**50** g 100% of a day	**23** g 18 g net · 11 g sugars 9% of a day	**5.5** g 20% of a day	**25** g 3.6 g saturated 32% of a day	**490** mg 21% of a day

Energy from net carbs 14% · protein 40% · fat 46% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 627% · Selenium 271% · Vitamin C 163% · Vitamin B6 121% · Vitamin K 63% · Omega-3 42% · Vitamin E 39% · Magnesium 29% · Potassium 25% · Vitamin A 22%

Source of (10–19%) Iron 19% · Folate 18% · Zinc 16% · Vitamin D 16%

Recipe and video: Spain on a Fork on YouTube — youtube.com/watch?v=MN8Ih4_KFJ0. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/atun-a-la-vizcaina