

Grilled Tuna Steak

Perfect grilled tuna steaks with citrus marinade. Restaurant-quality recipe with tips for juicy, flaky fish every time.

Ready in just 65 minutes!

1h

PREP

5 min

COOK

1h 5min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

Ingredients

- 1 cup orange juice
- 1 cup soy sauce
- 2 tbsp olive oil
- 1 tbsp fresh lemon juice
- 2 tbsp parsley
- 1 clove garlic
- 1 tsp fresh oregano
- 1 tsp sea salt
- 1 tsp black pepper

Instructions

1 Make the marinade

Combine 1 cup orange juice, 1 cup soy sauce, 2 tablespoons olive oil, and 1 tablespoon lemon juice in a large bowl. Mince 1 clove garlic and whisk it into the mixture along with 1 teaspoon salt, 1 teaspoon black pepper, and 1 teaspoon dried thyme until well combined.

2 Marinate the tuna

Pat 4 tuna steaks completely dry with paper towels. Place steaks in a shallow dish and pour marinade over them, turning to coat all sides. Cover and refrigerate for 1-4 hours, turning once halfway through.

3 Prepare the grill

Clean grill grates and oil them lightly with a paper towel dipped in oil. Preheat grill to medium-high heat (230°C/450°F) for 10-15 minutes until hot.

- 4 Remove tuna steaks from marinade and let excess drip off. Pat steaks lightly with paper towels but leave some marinade for flavor.
- 5 **Grill the tuna**

Place tuna steaks on the hot grill and cook for 1-2 minutes without moving them, until you see distinct grill marks on the bottom. Flip carefully with a thin spatula and cook for another 1-2 minutes for rare (internal temperature of 49°C/120°F) or 2-3 minutes for medium-rare (52°C/125°F).
- 6 Remove tuna from grill immediately when done and let rest for 2 minutes on a cutting board. Slice against the grain into 1/2-inch thick pieces if desired, or serve whole steaks immediately while hot.

Tips

Choose tuna steaks that are at least 1 inch thick to prevent overcooking and ensure even heat distribution throughout the fish.

Pat tuna steaks completely dry with paper towels before marinating to help the marinade adhere better and achieve proper searing.

Allow marinated tuna to come to room temperature for 15-20 minutes before cooking for more even heat distribution.

Oil your grill grates thoroughly and ensure they're properly heated before placing the fish to prevent sticking.

Don't move or flip the tuna too early - let it develop a proper crust before turning, typically 1-2 minutes per side.

Use a meat thermometer to check doneness: 125°F for rare, 130°F for medium-rare. The center should remain pink and slightly translucent.

Let the cooked tuna rest for 2-3 minutes before slicing to allow juices to redistribute throughout the fish.

Save a small amount of fresh marinade (never used on raw fish) to brush on the steaks if they appear dry during cooking.