

# WEEKLY SPECIALS

September 5th - September 10th

Scottish Salmon

\$24.95



Spain Bluefin Tuna

\$36.95

## Blue Tuna Steaks

### Ingredients

- 2 tuna steaks
- 2 tablespoons of soy sauce
- 1 tablespoon of toasted sesame oil
- 1 tablespoon of honey
- 1/2 teaspoon of salt and pepper
- 1/4 teaspoon of cayenne pepper
- 1 tablespoon of canola oil or olive oil
- green onions, toasted sesame seeds, and lime wedges

### Instructions

**Step 1.** Pat the tuna steaks dry with a paper towel. Mix the soy sauce, toasted sesame oil, honey, salt, pepper, and cayenne pepper. Pour over the tuna steaks and allow to marinate for at least 10 minutes

**Step 2.** Heat a skillet to medium-high heat. Add the canola oil to the hot pan. Sear the tuna for 1 – 1½ minutes on each side.

**Step 3.** Remove the fish and place on a cutting board. Slice into 1/2-inch pieces and serve garnished with green onions, toasted sesame seeds, and a squeeze of fresh lime juice.

### Reminders

**Tuesdays:** \$2.00 off anything in the case. Curbside assistance and delivery options are available. Orders delivered Monday - Saturday Ventura & Oxnard \$50 minimum Ojai & Camarillo \$100 minimum

Monday - Friday  
11:00 AM - 6:00 PM

Saturday & Sunday  
10:00 AM - 4:00PM

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