Spicy Seared Tuna with Mango and Avocado Salad

2 T coconut oil
2 fresh or frozen tuna steaks
2 T Cajun or Creole seasoning
I avocado, diced
1 mango, diced
½ sweet onion, diced
1 T toasted sesame oil
1 T fresh lime juice

Add oil to a cast iron pan and preheat on medium high. Pour seasoning onto a plate and lay the tuna steak on top of the seasoning and gently press down to coat tuna. Flip tuna and repeat to cover both sides. Place seasoned tuna steak in hot cast iron pan and sear for about 90 seconds on each side. Set seared tuna aside and let rest for about 5 minutes. Slice seared tuna into 1/2-inch bite-sized pieces. In large bowl, gently combine seared tuna pieces, diced avocado, diced mango and diced onion. Drizzle with toasted sesame oil and fresh lime juice. Serve on a bed of baby lettuce greens.

Recipe by Garden Chef Megan McCarthy