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Pistachio-Crusted Tuna Steaks

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Ingredients

- 1/2 cup(s) wine, white
- 1 tablespoon shallot(s), thinly sliced
- 1 whole bay leaf
- 3 tablespoon sour cream, reduced-fat
- 2 teaspoon lemon juice
- 2 teaspoon dill weed, fresh, chopped, divided
- 1 teaspoon salt, Divided
- 1 teaspoon mustard, whole-grain
- 1/2 teaspoon salt, divided
- 1/2 teaspoon salt, Divided
- 1/4 cup(s) bread crumbs, course, dried, whole-wheat
- 1/4 cup(s) nuts, pistachio
- 1 teaspoon mustard, whole-grain
- 4 fish, tuna steaks, 4-ounce, 1-1 1/4-inch thick
- 1 teaspoon extra-virgin olive oil

Preparation

1. Place shallot, bay leaf and wine in a small saucepan and bring to a boil. Reduce until the wine is almost evaporated, about 5 minutes. Remove from the heat, discard bay leaf and transfer to a small bowl.
2. Add sour cream, lemon juice, 1 teaspoon dill, mustard and 1/4 teaspoon salt; stir to combine.
3. Put breadcrumbs, pistachios, the remaining 1 teaspoon dill and 1/4 teaspoon salt in a blender or food processor. Process until finely ground. Transfer to a shallow bowl. Dredge both sides of the tuna in the pistachio mixture.
4. Heat oil in a large nonstick skillet over medium heat. Add the tuna and cook until browned, adjusting the heat as necessary to prevent burning, 4 to 5 minutes per side for medium-rare. Serve with the lemon-dill sauce.

