

Seared Tuna with Bulgur & Chickpea Salad

Ingredients

- *½ cup bulgur*
- *¼ cup extra-virgin olive oil, divided*
- *4 teaspoons grated lemon zest, divided*
- *½ cup lemon juice, divided*
- *½ teaspoon salt, divided*
- *¼ teaspoon ground pepper*
- *1 (15 ounce) can no-salt-added chickpeas*
- *¼ cup chopped fresh Italian parsley*
- *¼ cup chopped fresh mint*
- *1 pound tuna, cut into 4 steaks (see Tip)*
- *1 medium yellow onion, thinly sliced*
- *¼ cup chopped fresh dill*

Steps

1. *Bring a kettle of water to a boil. Place bulgur in a large heatproof bowl. Add boiling water to cover by 2 inches. Let stand for 30 minutes. Drain any excess water.*
2. *Mix the bulgur with 2 Tbsp. oil, 2 tsp. lemon zest, 1/4 cup lemon juice, 1/4 tsp. salt, and pepper. Add chickpeas, parsley, and mint; stir to combine. Set aside.*
3. *Heat the remaining 2 Tbsp. oil in a large skillet over medium-high heat. Add tuna steaks and sear until lightly browned on one side, 2 to 3 minutes. Flip the tuna and cook until lightly browned on the other side. Transfer to a plate.*
4. *Reduce heat to medium. Add onion to the pan and cook, stirring occasionally, until translucent, about 5 minutes. Reduce heat to medium-low. Return the tuna steaks to the pan, cover, and cook, flipping once, until the tuna begins to flake when tested with a fork (it will be slightly pink in the center), 3 to 4 minutes per side.*
5. *Meanwhile, combine dill with the remaining 1/4 cup lemon juice and 1/4 tsp. salt in a small bowl.*

6. *Transfer the tuna to a serving platter. Spoon the onions over the tuna and drizzle with the lemon juice-dill mixture. Sprinkle with the remaining 2 tsp. lemon zest and serve with the bulgur salad.*