

# In The Ahi Tuna Mood



50 Recipe Ideas

# *In The Ahi Tuna Mood*

## 1 Ahi tuna poke bowl

**Dice raw ahi tuna and mix with soy sauce, sesame oil, green onions, and diced avocado. Serve over rice and top with pickled ginger and seaweed**





# *In The Ahi Tuna Mood*

## 2 Grilled ahi tuna steaks

**Marinate ahi tuna steaks in a mixture of olive oil, lemon juice, garlic, and herbs, then grill to desired doneness**



# *In The Ahi Tuna Mood*

## **3 Ahi tuna sashimi**

**Slice raw ahi tuna into thin slices and serve with soy sauce, wasabi, and pickled ginger**



# *In The Ahi Tuna Mood*

## 4 Ahi tuna ceviche

**Marinate raw ahi tuna in lime juice, then mix with diced onions, tomatoes, and cilantro. Serve with tortilla chips**





# *In The Ahi Tuna Mood*

## **5 Seared ahi tuna**

**Sear ahi tuna steaks in a hot skillet with oil and serve with a flavorful sauce, such as ponzu or teriyaki**



# *In The Ahi Tuna Mood*

## **6 Ahi tuna tartare**

**Mix diced raw ahi tuna with diced avocado, shallots, and herbs, then serve with crostini or crackers**





# *In The Ahi Tuna Mood*

## **7 Ahi tuna poke tacos**

**Fill taco shells with ahi tuna poke, avocado, and cabbage slaw**



# *In The Ahi Tuna Mood*

## **8 Grilled ahi tuna salad**

**Grill ahi tuna steaks and serve over a bed of greens with your favorite vegetables and a tangy vinaigrette**



# *In The Ahi Tuna Mood*

## **9 Ahi tuna carpaccio**

**Thinly slice raw ahi tuna and serve with a drizzle of olive oil, lemon juice, and sea salt**





*In The  
Ahi  
Tuna  
Mood*

# 10 Ahi tuna and avocado toast

Top toast with mashed avocado, sliced raw ahi tuna,  
and a sprinkle of sea salt



# *In The Ahi Tuna Mood*

## 11 Ahi tuna and quinoa bowl

Mix cooked quinoa with diced raw ahi tuna, vegetables, and a flavorful dressing



# *In The Ahi Tuna Mood*

## **12 Ahi tuna and mango salsa**

**Serve seared ahi tuna with a refreshing mango  
salsa made with diced mango, red onion,  
jalapeno, and cilantro**





*In The  
Ahi  
Tuna  
Mood*

## **13 Ahi tuna and black bean salad**

**Mix diced raw ahi tuna with black beans, corn,  
avocado, and a lime vinaigrette**



# *In The Ahi Tuna Mood*

## **14 Ahi tuna and pineapple salsa**

**Serve grilled ahi tuna with a sweet and tangy pineapple salsa made with diced pineapple, red onion, and cilantro**



*In The  
Ahi  
Tuna  
Mood*

## 15 Ahi tuna and wasabi cream

Serve seared ahi tuna with a dollop of  
wasabi cream made with mayonnaise,  
wasabi, and lime juice





*In The  
Ahi  
Tuna  
Mood*

## 16 Ahi tuna and avocado rolls

**Wrap raw ahi tuna and avocado in nori and  
serve with soy sauce and wasabi**



# *In The Ahi Tuna Mood*

## **17 Ahi tuna and peanut sauce**

**Serve grilled ahi tuna with a spicy peanut  
sauce made with peanut butter, soy sauce,  
and sriracha**



# *In The Ahi Tuna Mood*

## **18 Ahi tuna and tomato salad**

**Serve seared ahi tuna with a refreshing  
tomato salad made with cherry tomatoes,  
basil, and balsamic vinaigrette**





# *In The Ahi Tuna Mood*

## **19 Ahi tuna and kiwi salsa**

**Serve grilled ahi tuna with a sweet and tangy kiwi salsa made with diced kiwi, red onion, and cilantro**



*In The  
Ahi  
Tuna  
Mood*

# 20 Ahi tuna and avocado sushi rolls

Roll raw ahi tuna and avocado in nori and  
serve with soy sauce and wasabi



*In The  
Ahi  
Tuna  
Mood*

## 21 Ahi tuna and cucumber salad

Serve seared ahi tuna with a refreshing cucumber salad made with sliced cucumber, red onion, and a rice vinegar dressing





*In The  
Ahi  
Tuna  
Mood*

## 22 Ahi tuna and avocado salad

Serve seared ahi tuna with a creamy  
avocado salad made with mashed avocado,  
red onion, and lime juice



*In The  
Ahi  
Tuna  
Mood*

## 23 Ahi tuna and grapefruit salad

Serve seared ahi tuna with a tangy grapefruit salad made with segmented grapefruit, red onion, and a honey-lime dressing



# *In The Ahi Tuna Mood*

## **24 Ahi tuna and quinoa cakes**

**Form cooked quinoa and diced raw ahi tuna into patties and pan-fry until crispy**





*In The  
Ahi  
Tuna  
Mood*

# Ahi tuna and watermelon salsa

Serve grilled ahi tuna with a sweet and juicy  
watermelon salsa made with diced watermelon, red  
onion, and mint



# *In The Ahi Tuna Mood*

## **26 Ahi tuna and corn salsa**

**Serve grilled ahi tuna with a sweet and savory corn salsa made with grilled corn, red onion, and cilantro**



*In The  
Ahi  
Tuna  
Mood*

## 27 Ahi tuna and strawberry salsa

Serve grilled ahi tuna with a sweet and tangy strawberry salsa made with diced strawberries, red onion, and jalapeno





# *In The Ahi Tuna Mood*

## **28 Ahi tuna and avocado soup**

**Blend ripe avocados, vegetable broth, and  
lime juice, then top with diced raw ahi tuna  
and cilantro**



*In The  
Ahi  
Tuna  
Mood*

## 29 Ahi tuna and melon balls

Serve seared ahi tuna with a refreshing melon ball salad made with honeydew, cantaloupe, and a mint-lime dressing



*In The  
Ahi  
Tuna  
Mood*

## 30 Ahi tuna and tomato salsa

Serve grilled ahi tuna with a fresh tomato salsa made with diced tomatoes, red onion, and cilantro





*In The  
Ahi  
Tuna  
Mood*

## **31 Ahi tuna and peach salsa**

**Serve grilled ahi tuna with a sweet and tangy peach salsa made with diced peaches, red onion, and jalapeno**



*In The  
Ahi  
Tuna  
Mood*

## **32 Ahi tuna and avocado egg rolls**

**Wrap ahi tuna and avocado in egg roll  
wrappers and fry until crispy**



*In The  
Ahi  
Tuna  
Mood*

## 33 Ahi tuna and mango salad

Serve seared ahi tuna with a refreshing mango salad made with diced mango, red onion, and a honey-lime dressing





# *In The Ahi Tuna Mood*

## **34 Ahi tuna and cucumber salsa**

**Serve grilled ahi tuna with a refreshing  
cucumber salsa made with diced cucumber, red  
onion, and a lime vinaigrette**



*In The  
Ahi  
Tuna  
Mood*

## 35 Ahi tuna and avocado salsa

**:Serve grilled ahi tuna with a creamy  
avocado salsa made with diced avocado, red  
onion, and lime juice**



*In The  
Ahi  
Tuna  
Mood*

## **36 Ahi tuna and kiwi salad**

**Serve seared ahi tuna with a tangy kiwi  
salad made with sliced kiwi, red onion, and  
a honey-lime dressing**





# *In The Ahi Tuna Mood*

## **37 Ahi tuna and grapefruit salsa**

**Serve grilled ahi tuna with a tangy grapefruit  
salsa made with segmented grapefruit, red  
onion, and a honey-lime dressing**



*In The  
Ahi  
Tuna  
Mood*

## 38 Ahi tuna and quinoa stir-fry

Stir-fry diced raw ahi tuna with cooked quinoa, vegetables, and a flavorful sauce



# *In The Ahi Tuna Mood*

## **39 Ahi tuna and avocado pasta**

**Toss cooked pasta with mashed avocado,  
diced raw ahi tuna, and cherry tomatoes**





*In The  
Ahi  
Tuna  
Mood*

# 40 Ahi tuna and mango salsa wrap

Wrap raw ahi tuna and mango salsa in a tortilla and serve with a side of chips



*In The  
Ahi  
Tuna  
Mood*

## 41 Ahi tuna and cucumber wrap

Wrap raw ahi tuna and cucumber in a tortilla and serve with a side of soy sauce



*In The  
Ahi  
Tuna  
Mood*

## Ahi tuna and avocado wrap

Wrap raw ahi tuna and avocado in a tortilla and  
serve with a side of wasabi.





*In The  
Ahi  
Tuna  
Mood*

## 43 Ahi tuna and grapefruit salad wrap

Wrap seared ahi tuna and grapefruit salad in a tortilla and serve with a side of honey-lime dressing



# *In The Ahi Tuna Mood*

## **44 Ahi tuna and quinoa salad wrap**

**Wrap cooked quinoa and raw ahi tuna salad in a tortilla and serve with a side of soy sauce**



*In The  
Ahi  
Tuna  
Mood*

## 45 Ahi tuna Pizza

**Ahi tuna, mozzarella, red onion,  
cherry tomatoes and avocado**





*In The  
Ahi  
Tuna  
Mood*

## 46 Ahi tuna and mango salsa quesadilla

Fill a tortilla with raw ahi tuna, mango salsa, and cheese, then grill until crispy



# *In The Ahi Tuna Mood*

## 47 Ahi tuna and cucumber salsa quesadilla

Fill a tortilla with raw ahi tuna, cucumber salsa, and cheese, then grill until crispy



# *In The Ahi Tuna Mood*

## **48 Ahi tuna and avocado quesadilla**

**Fill a tortilla with raw ahi tuna, mashed avocado,  
and cheese, then grill until crispy**





# *In The Ahi Tuna Mood*

## **49 Ahi tuna and grapefruit salsa quesadilla**

**Fill a tortilla with seared ahi tuna, grapefruit  
salsa, and cheese, then grill until crispy**



*In The  
Ahi  
Tuna  
Mood*

## 50 Ahi tuna and quinoa salad quesadilla

Fill a tortilla with cooked quinoa, raw ahi tuna, and cheese, then grill until crispy



# In The Ahi Tuna Mood

**These are just a few ideas to get you started. The possibilities are endless when it comes to cooking with ahi tuna. Whether you prefer it raw or cooked, spicy or sweet, there's a recipe out there for you. So get creative and have fun experimenting with this delicious and versatile fish**





*In The  
Ahi  
Tuna  
Mood*

# 50 Ahi tuna and quinoa salad quesadilla

Fill a tortilla with cooked quinoa, raw ahi tuna, and cheese, then grill until crispy

