



Yellow Fin Tuna Farfelle



Ingredients

- 2T Extra Virgin Olive Oil (EVO)
- 6 ounces center cut yellow fin tuna
- 1 ounce lemon pepper (or as much as you need)
- 1 TBL minced peeled garlic
- 1 TBL fresh, fresh basil
- 2 TBL Chablis wine
- ½ cup heavy cream
- 2 TBL shredded Parmesan
- 1TBL sun-dried tomatoes
- 1 Artichoke heart
- 3 ½ ounces cooked Farfelle (or ANY desired pasta). MAKE AHEAD OF TIME
- 2 TBL feta cheese
- Blanched broccoli florets
- 1 diced plum tomato
- Salt and pepper, to taste

Method:

1. Heat sauté pan over high heat, then add oil. Lightly dredge tuna in lemon pepper. Pan sear quickly (about 1 minute each side).
2. Finish in 375-degree oven to desired doneness. It is best served rare or medium rare. (I recommend 7 minutes). Remove tuna from the pan to a warm plate.
3. Add garlic, basil, and wine to pan, reduce 30 seconds. Add cream and Parmesan, sun-dried tomatoes, artichokes, Farfelle pasta; cook 2 to 3 minutes until pasta is hot. Plate on plate or pasta bowl and place seared tuna on top. Sprinkle with feta and garnish with blanched broccoli florets, and diced tomato.