



Orange-Kissed Sweet Potato Cubes with Blackened Tuna

Servings

4

Calories

570

Prep Time

15 minutes

Total Time

45 minutes

Skill Level

Medium

Ingredients

- 5 ½ cups Mann's Sweet Potato Cubes
- 1 pound tuna steak
- 1 tablespoon blackened seasoning of choice
- ¼ teaspoon green onions, sliced
- 1 navel orange, peeled and sliced
- 4 tablespoons canola oil, divided
- 2 tablespoons orange marmalade
- 1 tablespoon butter or margarine
- 1 tablespoon lemon juice, fresh
- ½ teaspoon salt, divided
- ¼ teaspoon pepper



The Method

Preheat oven to 425° F. Place Mann's Sweet Potato cubes in roasting pan coated with cooking spray; drizzle with 2 tablespoons of oil and sprinkle with ¼ teaspoon of salt, tossing to coat. Bake at 425° F, for 30 minutes or until tender and golden. Transfer potatoes to large shallow bowl or serving platter.

Peel orange with a paring knife, removing white pith; cut orange in half; cut halves into thin slices; add to bowl or platter with Sweet Potatoes.

Combine remaining ¼ teaspoon of salt, marmalade, butter, lemon juice and pepper in a small microwave-safe glass bowl. Microwave on high for 30 seconds or just until butter melts; stir to combine. Drizzle mixture over Mann's Sweet Potatoes, tossing gently to coat. Sprinkle with scallions.



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To prepare tuna, rub 1 tablespoon of preferred blackened seasoning evenly over both sides of a 1-pound tuna steak. Heat a heavy nonstick or cast iron skillet over high heat; coat pan with cooking spray. Add remaining 2 tablespoons of oil. Cook tuna for 3 minutes on each side or to desired degree of doneness. Slice steak and arrange over sweet potatoes mixture.

Nutrition Facts

Serving Size: 493g | Servings: 4

Amount Per Serving

Calories 570 | Calories from Fat 160 | Total Fat 18g (sat fat 3g trans 0g) | Cholesterol 60mg | Sodium 500mg | Total Carbohydrate 73g | Dietary Fiber 12g | Sugars 24g | Protein 30g | Vitamin A 880% | Vitamin C 50% | Calcium 10% | Iron 10%