

SEAFOOD



Chili-Lime Tuna Steak with Tricolor Quinoa

and

Tuna-Noodle Casserole

Produce

Cilantro, 8 stems

Garlic, 2 cloves

Limes, 2

Mushrooms, button or baby bella, sliced, 4 ounces

Onion, yellow, ½

Parsley, 4 stems

Meat

Tuna steaks (1-inch-thick), 3 pounds

Dairy/Refrigerated

Butter, salted, 2 ounces (4 tablespoons)

Milk, whole, 13.3 fluid ounces (1 ⅔ cups)

Mozzarella cheese, shredded, 4 ounces (1 cup)

Frozen Foods

Green peas, 4.7 ounces (1 cup)

Pantry

Broth, chicken, 4 fluid ounces (½ cup)

Flour, all-purpose, 2 tablespoons

Olive oil, extra-virgin, 2 fluid ounces (¼ cup)

Quinoa, tricolor, 6.3 ounces (1 cup)

Soy sauce or tamari, 2 tablespoons

Tagliatelle or linguine, dried, 9 ounces

Thai chili sauce, 2 tablespoons

Seasonings

Sesame seeds, white, 1 tablespoon