



Recipe
suggestions

Seared tuna with mango salsa (serves 2)

Ingredients

- > 2 tuna steaks
- > 1 tbsp olive oil
- > Salt & pepper

For the salsa

- > ½ mango, peeled, stone removed, diced
- > 1 tbsp clear honey
- > 1 tbsp soy sauce
- > ½ red chilli, finely chopped
- > 1 tbsp sesame oil

Method

- > Heat the oven to 200°C
- > To make the salsa, combine all of the salsa ingredients together in a bowl.
- > To make the tuna, rub the tuna steak with the olive oil, then season both sides with salt and freshly ground black pepper. Heat a griddle pan until smoking, then chargrill for two minutes on each side.
- > To serve, place the salsa in the middle of a large plate and place the tuna on top.

To place an order or to check what we have in store today, please call **020 7221 6177** or email retail@jkmayfair.co.uk

James Knight of Mayfair
67 Notting Hill Gate, London W11 3JS
www.james-knight.com



By appointment to
Her Majesty Queen Elizabeth II
Fishmonger
James Knight of Mayfair



By appointment to
H. R. H. The Prince of Wales
Fishmonger
James Knight of Mayfair