



Recipe
suggestions

Seared tuna with a chilli tomato dressing (serves 2)

Ingredients

- > 2 tuna steaks
- > 1 tsp chopped thyme
- > Juice of 1 lemon
- > 2 cloves of garlic, crushed
- > 1 tsp olive oil

For the salsa

- > 4 chopped plum tomatoes
- > 1 bunch rocket, finely chopped
- > 1 tsp capers, chopped
- > 1 bunch flat leafed parsley, finely chopped

For the dressing

- > 450g chopped tomatoes
- > 1 chilli, chopped
- > 110g sugar
- > 110ml water
- > Salt and pepper

Method

- > Make a marinade for the tuna by mixing together the thyme, lemon juice, garlic and olive oil.
- > Rub the tuna steaks with the marinade and set aside.
- > Place the sugar and water in a small saucepan and heat gently, stirring often, until dissolved into a syrup.
- > In a blender, blend together the chopped tomatoes and chilli. Sieve the tomatoe pureé, place in a saucepan and add the sugar syrup. Cook briskly stirring often until reduced to a thick syrup. Set aside to cool.
- > Make the salsa by mixing together the tomatoes, rocket, capers and parsley.
- > Pre-heat a griddle until very hot. Place the tuna on the griddle and cook for 2 minutes on each side.
- > To serve, place the griddled tuna in the centre of a serving plate. Spoon most of the tomato dressing over the tuna steaks. Spoon the marinade and the remaining dressing round the edge of the plate. Top the tuna with the salsa.

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