



Recipe
suggestions

Tuna and rosemary skewers (serves 2)

Ingredients

- > 2 tuna steaks
- > 6 rosemary stems, partially stripped
- > 6 slices of Prosciutto
- > A small red onion
- > 1 tsp olive oil

Method

- > Soak the rosemary skewers or wooden skewers in cold water.
- > Take a couple of tuna steaks and cut each steak into 6 bite-sized pieces.
- > Wrap a strip of prosciutto around each piece of tuna.
- > Cut a small red onion into wedges and dismantle into layers.
- > Skewer the wrapped fish and onion layers alternately onto the skewers.
- > Brush with olive oil and grill or barbecue for 6-8 minutes, turning once.
- > Serve with good mayonnaise and some lemon wedges.

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