



Recipe
suggestions

Tuna steaks with cucumber salad with a soy and lime dressing (serves 4)

Ingredients

- > 4 tuna steaks
- > 2 tsp toasted sesame oil

For the salad

- > 150g sugar snap peas, halved
- > 2 pak choi, sliced
- > 2 shallots, finely chopped
- > 1 red chilli, deseeded and thinly sliced
- > ½ cucumber, sliced
- > Handful of coriander

For the dressing

- > 2 tbsp light soy sauce
- > 2 tbsp lime juice
- > 2 tbsp rice wine vinegar
- > 2 tsp sesame seeds, toasted

Method

- > Heat a chargrill pan or barbecue, then brush the tuna steaks with the toasted sesame oil.
- > Cook the steaks for 2 minutes per side.
- > Meanwhile, lightly cook the sugar snap peas for 2 minutes. Drain and rinse with cold water to cool them quickly.
- > Combine the sugar snap peas with the pak choi, shallots, chilli, cucumber and coriander. Share between four plates and arrange the tuna steaks on top.
- > Mix together the soy sauce, lime juice and vinegar. Sprinkle over the tuna and salads. Serve, scattered with toasted sesame seeds.

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