



SEARED TUNA WITH SWEET SOY DRESSING



MINUTES TO PREPARE
5



MINUTES TO COOK
15



SERVES
2

INGREDIENTS

2 medium tuna steaks (the thicker the better)
1 small red onion, peeled and diced
1 clove garlic, peeled and crushed
3cm fresh ginger, peeled and diced
2 teaspoon rapeseed oil
3 tablespoons water
2 tablespoons soy sauce
1 teaspoon honey
Juice of 1/2 lemon
1 large handful fresh coriander leaves, chopped
1 heaped tablespoon toasted pine nuts
Pinch Maldon sea salt
Grind freshly ground pepper

LET'S GET COOKING

- 1 You will need a heavy bottomed frying pan or griddle pan.
- 2 Start by making the sauce. Heat 1 teaspoon rapeseed oil in a sauce pan over a medium heat. Add the diced red onion, stir and sauté for 3 minutes. Add the garlic and fresh ginger and sauté for a further 2 minutes.
- 3 Add the water, soy, honey and lemon. Bring to the boil and reduce for 7 minutes while you cook the tuna.
- 4 Heat a heavy frying pan or griddle to a high heat. Season the tuna steaks well with Maldon sea salt, pepper and a light drizzle of rapeseed oil. Sear the tuna steaks for 1-2 minutes on either side, depending on the thickness. Tuna cooks quickly and will continue to cook once it is off the heat. Most people enjoy tuna carpaccio-style (seared on the outside and raw in the middle). The cooking times will depend on how thick the steaks are. You are aiming for whitish grey rather than pink on the outsides and firm when prodded with your finger.
- 5 Once cooked to your liking, take off the heat and slice with a sharp knife.
- 6 When the sweet soy dressing is ready add the pine nuts and chopped coriander. Taste and adjust the honey, soy, lemon or water to your taste. Serve with mixed leaves and the dressing over the leaves and tuna.

"I recommend investing in a heavy griddle pan to sear the tuna (if your hob will take one) but if not a heavy-bottomed frying pan will do just as well."