

RECIPE - Chargrilled Tuna with Salsa

It's hot outside and what a perfect excuse to dust off the BBQ. Some fish work better than others for this style of cooking. Swordfish, Salmon and Monkfish are all great but, for this dish, I would recommend Tuna.

Serves 4

Preparation time 20 minutes

Cooking time 5 minutes

Ingredients

4 Tuna steaks

olive oil

salt and freshly ground black pepper

For the Salsa:

1 green chilli, seeded and finely chopped

1 avocado, diced

1 crushed garlic clove

3 spring onions, chopped

½ cucumber, diced

1 tbsp fresh coriander, chopped

Squeeze of lime

For the Sauce:

5 heaped tbsp olive oil mayonnaise

1 lemon juiced



Method

1. Light the barbecue, season the tuna and brush with olive oil.
2. Cook the tuna for about 2 minutes on each side.
3. In the meantime, mix all the ingredients together for the salsa and divide between 4 plates.
4. Serve the tuna steak next to the salsa.
5. Mix the mayonnaise and lemon juice then serve on the side.

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