Tuna Steak

The tuna could differ in size. Ensure the tuna is 200g and sliced no less than 6 slices



New Sushi Plate | Contains Fish - Gluten - Soy - Sesame

INGREDIENTS

- 220g Tuna Fillet
- 1 x side order
- 50ml Olive Oil
- 50ml Sesame Oil
- 50ml Lemon Juice
- 125ml Ponzu Sauce
- 10g Salt
- 5g Seven Spices

METHOD

1. Marinade - put all the ingredients in a bowl and mix all together
2. Leave the tuna fillet in the marinade for 2 minutes
3. Grill the tuna fillet on the grill for 2 minutes each side
4. Drizzle some marinade sauce on top of the tuna once cooked and sesame seeds
5. Slice the tuna - Sashimi Style
6. Place on the plate and garnish with spring onion and sea salt coarse

GARNISH

- 1 lemon wedge
- 2g Sesame seeds
- Spring onion
- Salt coarse

EQUIPMENT

- Flat top grill
- Spatula

NOTES

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- Ensure the tuna is 200g and sliced no less than 6 slices