Tuna

Seared tuna steak with chilli lemon salt and ponzu sauce.



Large coloured plate with small sauce bowl.

Contains Fish - Gluten - Soy

INGREDIENTS

- 200g tuna loin steak
- 2g Chilli Lemon Salt
- 10ml vegetable oil
- 30ml ponzu sauce
- 200g side

METHOD

1. Defrost the tuna in the fridge/cold room overnight.
2. Sprinkle chilli lemon salt over both sides of the tuna steak.
3. Grill the steak on one side for 1 minute maximum.
4. Turn and grill on the other side for 1 minute maximum.
5. Remove the tuna from the grill and place it on a platter and slice carefully into 1cm slices, then place on a large coloured plate.
6. Dish the side of choice onto the plate.
7. Pour 30ml ponzu sauce into a small sauce bowl and place it on the plate.
8. Garnish with green garnish and a lemon wedge.

GARNISH

- 1 lemon wedge
- 1g spring onion (green garnish)

EQUIPMENT

Flat top Grill
Spatula

TIPS

- Best served seared (rare) or medium rare.
- Ensure you use a very sharp knife to slice the tuna.
- Slice on a platter.

TAKEAWAY

Fish & Chips Box & 1x Sauce container

WATCH THE METHOD

Tuna https://www.youtube.com/watch?v=wromcC8Fopc