



Tuna

Seared tuna steak with chilli lemon salt and ponzu sauce.



Large coloured plate with small sauce bowl.

Contains Fish - 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.

WATCH THE METHOD

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