



Grilled tuna with celery leaf salsa

Delicious 'n healthy – make sure the tuna you use is sustainable.

 Less than 15 minutes **Serves:** 4

Recipe Type: Mains

Main Ingredient: Fish and Seafood

Ingredients

Main Ingredients

4 tuna fillets, (about 200g each)
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1 glug PnP Finest extra-virgin olive oil
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1 pinch PnP salt
.....
3 PnP tomatoes, sliced
.....
350 grams PnP cocktail tomatoes
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Salsa

125 ml heart of celery leaves, (pale green inner leaves) chopped
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2 tbsp baby capers, or regular capers
.....
60 ml roughly chopped parsley
.....
2 tbsp roughly chopped mint
.....
1 lemon, juice and grated peel, plus wedges for serving
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60 ml olives, pitted and halved
.....
60 ml PnP Finest olive oil
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Method

- Heat a griddle pan over a high heat and coat with non-stick spray.
- Rub fish with olive oil and season well.
- Grill fish for 1-2 minutes per side, depending on thickness, until well browned but still pink in the middle.
- Remove and allow to rest.
- Place tomatoes on a platter and top with tuna.
- Mix salsa ingredients together.
- Season and serve spooned over fish.

More good ideas

- Replace tuna with any other sustainable fish fillets.
- Cook fish over medium hot coals on a well greased braai grid.