




Tuna with orange and ginger salad

Light and tangy, it smacks of the sea.

 Less than 45 minutes **Serves:** 4

Recipe Type: Light meals

Main Ingredient: Fish and Seafood

Ingredients

Tuna

30 ml PnP chopped coriander
.....
30 ml chopped lemongrass
.....
1 PnP chilli, fresh and chopped
.....
1 Grated peel and juice
.....
10 ml milled pepper
.....
15 ml PnP grated fresh ginger
.....
2 PnP garlic cloves, sliced
.....
4 tuna steaks, 200 grams each
.....

Marinade

60 ml light soy sauce
.....
60 ml PnP olive oil
.....
60 ml lime juice
.....

Salad

1 PnP cucumber, peeled, deseeded
and sliced
.....
3 centimetres PnP knob ginger, cut
into fine matchsticks
.....
2 seedless orange, peeled and
segmented
.....
1 PnP leek, very finely sliced
.....

Dressing

30 ml PnP chopped coriander
.....
30 ml peppadews, chopped
.....
1 dash white balsamic vinegar
.....
30 ml PnP olive oil
.....

Method

- Toss all tuna ingredients (except tuna) in a pestle and mortar and gently bash together to release flavours.
- Place tuna in a shallow dish and pour over marinade. Marinate at room temperature for 10 minutes.
- Toss salad ingredients together on a platter.
- Whisk dressing ingredients together and drizzle half over salad. Season well.
- Season tuna and place on an oiled braai grid over very hot coals.
- Cook for 2 minutes per side until golden but not cooked through. Remove from heat and rest for 5 minutes.
- Top salad with tuna, drizzle over remaining dressing and serve.

30 ml lime juice

1 pinch PnP sugar

1 pinch PnP salt

1 grated peel of lime