

SEARED TUNA STEAK WITH MANGO SALSA

This is a gutsy dish with strong flavours. Try not to use too hot a chilli in the salsa.



1 tuna steak (150g)

Spice rub

1/8 tsp smoked paprika
1/8 tsp cumin seed, or ground cumin
1/8 tsp coriander seed, or ground coriander
2 grinds black pepper
Pinch salt
1 clove
1 lg cardamom pod – seeds removed
1/8 tsp grated nutmeg

Salsa

1/2 firm mango
Juice of 1/2 lime
1 red chilli
1 spring onion
2 tbs chopped coriander

Make the spice rub – toast the coriander, cumin, clove & cardamom seeds for a few seconds over a high heat to crisp & release flavours.

Tip into a mortar & pestle, allow to cool, then grind with the salt. Mix in the remaining spices, then use to coat the tuna on both sides.

Make the salsa – Peel one side of the mango and with a knife, make criss cross cuts in the flesh down to the stone. Now cut the mango flesh vertically into dice.

Thinly slice the spring onion, finely chop with chilli and mix with the coriander and mango. Squeeze over the lime juice and mix well.

Heat a teaspoon oil in a small frying pan to medium hot and fry the tuna steak for 1 1/2 minutes each side and no longer than 2 minutes. The tuna should be like a medium rare steak. If it is overcooked it will be dry & rubbery.

Serve with salsa on the side.

Per serving 264Kcal, 32.4g Protein, 3g Fat (0.3g saturated), 30.2g Carbs, 23.8g Sugar, 210mg salt

Hints, Tips and Variations

- ◆ *Wheat, gluten & dairy free*
- ◆ *The rub would also work well with beef, pork, chicken or oily fish such as salmon or mackerel.*
- ◆ *Serving this sliced with salad in a wrap or pitta would also work well.*
- ◆ *Try to use a slightly under ripe mango - a fully ripe one will be too mushy!*