



At £12 for two Steaks Tuna is well and truly out of budget generally. But with a Yellow Stick making them £2 each this was a wonderful treat!

Ingredients:-

4 Tuna Steaks
3 Tbsp of Chives, chopped
2 Tbsp of Mint, chopped, some reserved whole to garnish
12 Basil Leaves, chopped
The Zest and Juice of a Lemon
1 Tbsp of American style Yellow Mustard
2 Anchovies, chopped
A Handful of Parsley, chopped
A Handful of Almonds, chopped and toasted
1 Tbsp of Capers, drained
Sugar Snap Peas
2 Tbsp of Olive Oil

Method:-

- (1) Blitz the Chives, Basil and Mint with the Lemon Zest and Juice.
- (2) Add Oil and Mustard.
- (3) Coat the Fish with with 2 Tbsp of the mixture.
- (4) Add the Capers and Anchovies to the remaining mixture and set aside.
- (5) Sear the Tuna on both sides so that it is still pink in the middle and remove from the heat.

- (6) Saute the Sugar Snap Peas in a little Oil for 2 minutes.
- (7) Stir in a Tbsp of the dressing and plate the Peas.
- (8) Place the Tuna over and drizzle with the remaining dressing.
- (9) Garnish with Almonds and Mint.

We served ours with Minted New Potatoes and it was very good indeed.