

Tuna in Tomato and Black Olives

Ingredients:

- 2 Tuna Steaks
- 1 Onion chopped
- 2 Garlic cloves chopped
- 750 g Tomatoes skinned and chopped
- Flour for dusting
- salt and pepper
- 2 tablespoons chopped Parsley
- Few fresh Basil leaves
- Few Basil leaves for garnish (optional)
- 1 Bay leaf
- 4 Anchovy Fillets (optional)
- 8 Black Olives

Method:

Wash the tuna steaks and pat dry with kitchen roll. Season with salt and pepper and dust with the flour.

Heat half the olive oil and saute the tuna steaks until golden on one side, turn over and cook the other side until golden.

Carefully remove from pan place on a plate and keep warm.

Add the remaining oil to the pan and saute the onion and garlic for about 5 minutes until golden and soft.

Add the tomatoes, parsley, basil, bay leaf and mashed anchovies, stir well, bring to the boil and continue boiling until the mixture reduces and thickens slightly.

Return the tuna to the pan, season to taste and simmer gently for 15 minutes, turning once.

Add the olives and heat through.

Remove bay leaf and serve.

Serve with a side salad. Alternatively serve with jacket potato, new potatoes or pasta.

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