

Tuna with Ginger Salsa

Lovely on a warm summer day served with a salad garnish and a glass of chilled white wine.

Ingredients:

- 2 Tuna steaks (or try swordfish which is very tasty)

For the marinade:

- 4 tbsp Olive Oil
- Juice of one lemon (or use bottled lemon juice)
- 2 tbsp chopped Coriander (or use dried)
- 1 tsp grated fresh ginger (or use 'lazy ginger' in a jar from the supermarket!)

For the Salsa:

- 2 large tomatoes, diced
- 2 spring onions, chopped
- 1 tsp grated fresh ginger (or again use 'lazy ginger' in a jar from the supermarket!)
- 1 avocado, diced
- 2 tbsp chopped coriander (or use dried)
- Juice of half a lime (or use bottled lime juice)

Method:

Mix the marinade ingredients and marinade the tuna steaks for at least 5 minutes but an hour in the fridge will help give more flavour.

Make the salsa by combining the salsa ingredients.

Cooking the Tuna (Timing will depend on thickness):

Barbecue the tuna for approx. 5 minutes each side or until cooked spooning over any remaining marinade.

or

Grill for approx. 10 minutes each side or until cooked spooning over any remaining marinade.

or

Cook in one half of the skillet (or a large pan) make sure it's well oiled, preferably with olive oil, and cook for approx. 7 minutes each side or until cooked spooning over any remaining marinade.

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