

Tuna Steak and Sautéed Vegetables

Ingredients:

1. 2 Tuna steaks total weight 3/4 lbs.
2. 2 table spoons of coriander paste
3. 1 table spoon of lemon juice
4. 1 tea spoon of ground Star Anise
5. 1 tea spoon of ground allspice
6. 1 tea spoon of black pepper
7. 1/2 a tea spoon of salt
8. 3/4 lb. baby corn (canned)
9. 1/2 lb. water chestnut (canned)
10. 1 cup sliced green bell pepper
11. 1 cup sliced red bell pepper
12. 1/2 cup oil

Method:

Prepare vegetables by cutting them into bite size pieces, ready to be sautéed and save them in a bowl.

Next mix lemon juice coriander paste, allspice, star anise, black pepper and salt and blend it into a paste.

Now take the Tuna steaks and apply this spice paste on one side of both Tuna steaks. Then take a corrugated cast iron skillet and put about a quarter cup of oil in it and turn the stove to medium heat. When the oil heats up put the plain side of both Tuna steaks on the skillet. Let them seer for 2 minutes on each side. This way you will get medium well done Tuna. (These Tuna steaks are about 3/4" thick). Now remove Tuna steaks in a plate.

Now take another skillet and put the rest of the oil in it. Turn the temperature to high. Put all the vegetables which you prepared earlier in the skillet. Stir it well for about a minute. Now turn the temperature to medium and cook it for another 2 minutes. Keep stirring from time to time so all vegetables get cooked well. Sprinkle some salt and black pepper in it whilst cooking.

Now slice the Tuna steak in a plate and see the middle part is still pink and the edges are fried. You can see the marking on the Tuna from the corrugated skillet. This gives your dish a professional look. Put the vegetables on the side of the plate and savor your creation of this nice Tuna steak dish.

Ours turned out juicy and delicious. Good luck!

Enjoy.

Chef Pops