

Juicy chunks of fabulous fish.

Tuck into tuna, drizzled with mango dressing.

Garth McColgan

Tuna Steak with Mango Salsa

Ingredients

1 pack Tuna Steaks	2 tbsp Coriander, chopped
1 Mango	1 Scallion, finely chopped
Zest of 1 Lime and juice of 2 Limes	4 tbsp Sunflower Oil
2 tsp Brown Sugar	Salt and Pepper
2 tbsp Soy Sauce	1 pack Noodles
½ Red Chilli, seeded and chopped finely	

Method

Defrost the tuna steaks in the fridge (takes about 4 hours).

Remove from fridge ½ hour before you want to cook them.

Pat the tuna steaks dry with a clean tea towel and season well with salt and pepper.

Rub a little oil onto them and they're ready for the pan.

Peel the mango and dice the flesh into ½ cm pieces and put in a bowl.

Add 1 tsp brown sugar, the lime zest and juice plus 1 tbsp of coriander and stir.

To make the dressing, put the soy sauce, 1 tbsp coriander, 1 tsp brown sugar, chilli, scallion and 2 tbsp oil in a bowl and mix.

Boil the noodles in salted water.

Drain and dress with soy sauce and sunflower oil; keep noodles warm.

Heat a pan (with nothing in it) until very hot and place the tuna steak in.

Cook for 60 seconds on one side, turn over and cook for another 60 seconds.

Serve with the dressing poured over it, the mango salsa on the side and a bowl of steaming noodles.



Perfect with...

Italian Pinot Noir Delle Venezie 2007

To accompany this light and tasty dish, I suggest you try this especially fruity Pinot Noir, full bodied Venetian fruit with a twist of black cherries. It's a rich choice, but you don't have to be rich to enjoy it!"

€6.49 EACH
75cl

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