

## Strictly Supper #3

### Salsa Sesame Tuna

I know I've served Salsa with the Cha-Cha-Char-Grilled Chicken but here it is in all its glory. Served alongside a Sesame Crusted Tuna Steak and Mam's homemade chips... enjoy : ).



### Ingredients

#### For the Salsa

- Extra Virgin Olive Oil
- Juice of one small lime
- One Red Onion
- Two small tomatoes
- Salt and Pepper

#### For the Tuna

- Sesame Seeds (enough to cover tuna)
- 1 Tuna Steak
- Extra Virgin Olive Oil
- Salt and Pepper

#### Also Needed

- Frying Pan
- Chopping Board & Knife
- Fish Slice
- A small plate for tuna and a bowl for the salsa

#### Method:

1. Finely chop the onion, you can chop it as small or as big as you like but I think for a Salsa it's best to keep it fine.



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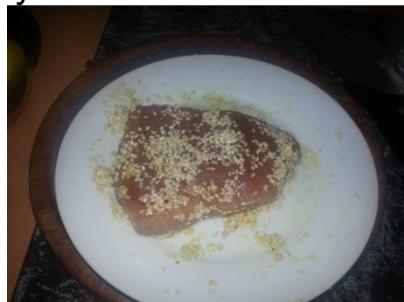
2. Chop the tomatoes, some people take the seeds out but personally they are my favourite bit. Like with the onions I chopped the tomatoes quite small, you'll notice in this picture the larger bit of tomato.... I had him in the end 😊 !



3. Season with salt and pepper and add a good glug of extra virgin olive oil and the lime juice. Tomatoes can take a lot of pepper and salt so be generous, but remember to taste as you go along.
4. Place the tuna on a plate and rub oil over it, season with salt and pepper. It is important to oil the fish not the pan so that it doesn't produce smoke.



5. Cover the tuna steak with sesame seeds, it is important to make sure enough sticks. Do a better job than I did because there's hardly any on my steak.



6. Place a frying pan on the hob, heat until it is very hot. Place the fish in the pan and fry the fish for two and a half minutes (2:30) on each side (or as much or as little as you like). As you can see below I have served the salsa and the tuna with my

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mother's chunky chips, you could use fried potatoes or some polenta.

