

Strictly Suppers #5 Cha-Cha-Char Grilled Tuna in a Soy, Honey, Chilli and Lime Sauce with Asda Mashed Potatoes

This my own recipe, it's stealing ideas from last year's Strictly Suppers, it's a really quick and simple dish to make and delivers on taste.



Ingredients

- One Tuna Steak
- 200ml of Dark Soy Sauce
- Pinch of Chilli Flakes*
- 1 Tbs Honey
- 1 Tbs Lime Juice or Juice of ½ Lime
- Salt and Pepper

Serve with Mashed Potatoes or Fried Potatoes

Also Needed

- Tray for marinating
- Wooden Spoon
- Fish Slice or Palette Knife
- Sauce Pan
- Griddle Pan
- Measuring

* Not in picture

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Method:

1	Measure out 200ml of soy sauce and place it in a dish to marinate the tuna	
2	To the Soy Sauce add 1 Tbs of Honey and stir to combine	
3	Add enough chilli flakes to taste and pour in approximately 1 Tbs of Lime Juice and mix well to make sure all the ingredients are amalgamated well.	
4	Marinate the Tuna in the sauce for 10 – 20 minutes; you don't want to do it for too long otherwise the lime will start to cook the fish.	

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5	Once the fish is marinated pour the sauce into a saucepan and warm through, you can reduce it to make it a glaze or serve it as a sauce. Turn the heat on to high under the griddle pan.	
6	When the griddle pan is piping hot add the fish, make sure that there is some marinade on them so they won't stick. Cook them for two minutes on each side, or more if you like your fish well cooked.	
7	Cook the mashed potatoes as per the instructions on the packet.	
8	Serve the fish mashed potatoes on a plate, then add the fish and pour over the sauce and enjoy.	

