

Tuna & mango salad

By Steven Devlin

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Ingredients

4 small tuna steaks
1 perfectly ripe Mango
Green leaves such as watercress, baby spinach
Fresh coriander chopped
2 limes
Toasted sesame seeds
Olive oil
5 tbsp Chinese stem ginger syrup
3 tbsp Soy sauce
2 tbsp light olive oil or rapeseed oil
½ tbsp sesame oil
Juice of 1 lime
1 red chilli, seeds removed, finally chopped



Prep Time: 5 mins
Cooking Time: 5 mins
Serves: 4

Method

1. Begin by making the dressing, simply mix the ginger syrup, soy sauce, 2 tbsp olive/rapeseed oil, sesame oil, lime juice, chilli and sesame seeds together in bowl.
2. Next up we are going to peel & slice the mango & put in a bowl with the picked green leaves & herbs. Remember this dish is a salad of tuna & mango NOT salad leaves so we don't need to many greens.
3. Now put a griddle pan on the cooker and heat until its smoking.
4. Brush 2 of the tuna steaks with olive oil and season with salt and black pepper, place on the griddle and cook at very high heat for probably no more than 40 sec each side as if it was a rare steak
5. Now repeat with the other 2 steaks.
6. Remove from pan and slice at the angle into even size strips
7. Add the tuna to the mango and green leaf salad and toss with a little bit of the dressing, arrange on plates or empty out into a bowl.
8. Lightly sprinkle with sesame seeds and coriander then spoon some more dressing over and around too.
9. Serve with fresh lime – DONE !

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