

ADAM GRAY

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Grilled Tuna Steak, Asian Style Red Cabbage Slaw

(Serves four)

Ingredients:

4 x 180g Fresh Tuna steaks
1 Small or ½ a large red cabbage
2 Medium sized carrots
1 Medium sized red onion
100ML Light soya sauce
1 Fresh Lime – Zested and juiced
100ML Rapeseed oil
1 Tablespoon clear honey
½ Bunch of fresh coriander – finely chopped
Natural sea salt
Freshly milled white pepper
20g Sesame seeds – lightly toasted
12 Spears of tender stem broccoli



Method:

- Remove the white core from the red cabbage with a sharp knife and discard.
- Finely shred the red cabbage with a sharp knife and place in a mixing bowl.
- Peel and grate the carrots on a cheese grater and add to the shredded red cabbage.
- Peel the red onion, cut in half and then finely slice, add to the carrot and red cabbage mix.
- Add the finely chopped coriander to the red cabbage mixture.
- Mix the Soya sauce, lime juice and zest, honey and rapeseed oil together to form a dressing. Check the seasoning with salt and pepper
- Pour the mixed dressing onto the red cabbage slaw and mix thoroughly, set aside.
- Heat a griddle pan on the stove to a high heat.
- Season the tuna steaks with salt and pepper both sides and place on the hot griddle pan.
- Also add the tender stem broccoli spears to the griddle pan at the same time if there is enough space.
- Grill the tuna steaks on both sides to the desired cooking stage; rotate the broccoli spears so they are cooked evenly on both sides as well.

To Serve:

- Place a pile of the Asian style slaw in the middle of a serving plate. Place the grilled tuna steak on top, scatter the grilled broccoli spears around the tuna steak.
- Finely drizzle and excess soya dressing around the plate and finally sprinkle the toasted sesame seeds all over.