

# Seared Tuna Steak Salad



## Recipe By FoodieBook

**Ref:** 351

**Heading:** Salads

**Cuisine:** French

**Food Type:** Seafood

**No of Portions:** 4

## Ingredients & Prep

- 4 Fresh Tuna steaks 150g each
- 2 tbsp Olive oil
- 1 tsp Oregano dried
- 2 tsp Lemon juice
- 2 pinch Salt
- 1/2 tsp Black pepper freshly ground

### Salad

- 200 g Lettuce of choice chopped
- 1/2 Red onion sliced thinly
- 200 g Tomatoes cut in 1/8ths
- 200 g Green of French beans trimmed
- 20 g Fresh basil chopped
- 2 egg boiled peeled & quartered
- 8 Olives de-stoned cut in halve

### Dressing

- 3 tbsp Extra virgin olive oil
- 1 tbsp Red wine vinegar
- 1/2 tsp Caster sugar
- 1/2 Garlic clove finely grated
- 1/2 tsp Salt
- 1/2 tsp Black pepper freshly ground

## Suggestion & Tips

Excellent with crusty bread.

## Method

**Step 1** - Cook green beans in salted boiling water for 2 to 3 min, drain & set aside

**Step 2** - Place all salad ingredients in a bowl & cover with cling film.

**Step 3** - Make the dressing by putting the dressing ingredients into a clean jam jar & giving it a good shake, or blend with a stick/hand blender, set aside.

**Step 4** - Put oil, lemon juice, pepper, oregano & salt in a bowl & mix, coat each tuna steak in the mixture & set aside.

**Step 5** - Dress the salad, coat & mix with dressing, then plate up to the number of portion required read for the tuna steaks.

**Step 6** - Heat a griddle pan (best) or a frying pan on a med to high heat, when hot place on tuna steak & cook for 1 min per side or to your liking, depending on the size of your pan you may need to do in batches.

**Step 7** - Slice seared steak & place on each plate & serve.