



SEARED TUNA WITH SALSA VERDE

ROBERTA MUIR

This vibrant green sauce will keep covered in the fridge for a week; serve drizzled over any fish or meat, or as a dipping sauce for cold prawns (shrimp).

4 × 200 g (7 oz) sashimi-grade tuna steaks
(see notes)
sea salt and freshly ground pepper
a little extra virgin olive oil
crusty bread, to serve

SALSA VERDE

2 large handfuls flat-leaf (Italian) parsley leaves
4 garlic cloves, chopped
2 tbsp capers, rinsed
7 anchovy fillets (see notes)
½ cup (125 ml/4 fl oz) extra virgin olive oil

SERVES 4

To make salsa verde, combine all the ingredients in a food processor or blender and process until smooth.

Season fish well with salt and pepper. Heat a frying pan over high heat until it is very hot, add a little oil and cook fish on one side for about 30 seconds, just until well coloured, then turn and cook other side for another 30 seconds, just long enough to colour.

Remove fish from heat and leave to rest for a couple of minutes before drizzling with salsa verde and serving with crusty bread.

This recipe is supplied by Robert Muir from FISHline, Sydney Fish Market's free consumer advisory service.

NOTES: Remove the fish from the fridge about 20–30 minutes before you cook it, to allow it to come to room temperature; this is particularly important if it is being served rare in the centre.

Sashimi-grade fish is normally sold trimmed, but if it is not, trim off any skin and dark muscle before cooking. If available, use Ortiz brand anchovy fillets as they have a much better flavour and are less salty; 1 small tin (47.5 g/1¾ oz) is the right amount.

Alternative species are Atlantic salmon, swordfish and yellowtail kingfish.

DIETITIAN TIP

Tuna contains some polyunsaturated oil so only a little oil needs to be added during cooking.

NIP Based on a ⅓ of salsa verde. Bread not included
Energy 1343 kJ (321 Cal)
Total fat 14 g
Saturated fat 2 g
Carbohydrate 0.4 g

