



Prego de Atum (Portuguese Tuna Steak Sandwich)

Steak sandwiches, called pregos, are very popular in Portugal. The name translates to 'nail', referring to the way the garlic is pounded into the meat. They're traditionally topped simply with fried onion (see video) and sweet mustard (though I prefer Dijon) with a bottle of piri-piri sauce on the side. With its meaty texture and colour, tuna makes a great alternative to beef in a prego. Use any crusty white bread rolls for this tuna steak sandwich, the pão da avó (Grandma's bread) available from Sweet Belém bakery in Petersham.

Serves 2



INGREDIENTS

- 1 x 200g tuna steak
- 4 cloves garlic, crushed
- Salt flakes, to taste
- 30g butter
- 1 tablespoon extra virgin olive oil
- 2 crusty soft white rolls, halved
- Dijon mustard, for spreading
- Caramelised onions, for serving
- Piri-Piri Sauce, for serving

METHOD

1. Cut the tuna steak into 4 pieces roughly the same size; how you do this will depend on the size and shape of the steak/s, but each slice should only be about 1–2cm thick.
2. Gently beat each piece with a meat mallet until it's about 5mm thick.
3. Spread garlic across each piece and gently pound it in.
4. Sprinkle generously with salt.
5. Heat butter and oil in a frying pan over medium-high heat.
6. Cook tuna for a minute on one side, then turn and cook for a further 30 seconds; remove to a warm plate.
7. Place rolls in the pan cut side down, increase heat to medium-high and cook for a minute or so until lightly coloured.
8. Remove from pan, spread cut sides with mustard, top two halves with tuna then Caramelised Onions.
9. Close the rolls, cut in half and serve with piri-piri sauce on the side for those who like it hot.