

# Lemon-cured Tuna with Vietnamese Herb Salad

Beinspired By Roberta!

One of my favourite Vietnamese dishes is bo tai chanh, a salad of beef cured in lemon juice, and the same method works just as well with tuna in this pescatarian version. Whatever protein you use, it's a very quick dish to prepare once you have all the ingredients on hand, and it's great as a starter, main course, or part of a shared feast. As the acid of the lemon 'cooks' the fish, slicing it thinly is important, so sharpen your knife before you start; it's also important to use sashimi-grade fish as it is still technically being eaten raw. If raw fish isn't your thing, stir-fry it for a few seconds to just sear it, then add it to the marinade. This simple salad relies on a few key flavours, including spicy white pepper, so be sure it's freshly ground and be generous – either measure the ½ teaspoon or give it a good 8–10 grinds of the pepper mill.

## Serves 2 as part of a shared meal

### **INGREDIENTS**

- 1 x 300g block sashimi-grade tuna (10½oz)
- 2 sprigs betel leaves
- · Vietnamese Herb Salad, for serving
- 1 tablespoon Sweet Fish Sauce (20ml)
- 2 teaspoons Crushed Roasted Peanuts
- Steamed jasmine rice, for serving
- Pickled ground chilli, for serving

## Lemon Marinade

- ½ cup (125ml) strained lemon juice (about 1½ –2 lemons)
- 1 tablespoon castor sugar (18g/2/3oz)
- 2 teaspoons fish sauce (10ml)
- ½ teaspoon crushed salt flakes
- 1/2 teaspoon freshly ground white pepper



#### **METHOD**

- 1. Trim any visible sinew from the tuna and discard it. Place tuna in a sealed bag in the freezer for about 1 hour to firm it up (taking care not to leave it so long that it freezes solid).
- 2. Finely slice tuna, mix through Lemon Marinade, push the pieces down gently so they're all submerged and set aside for 10 minutes.
- 3. Meanwhile, line a platter with betel leaves.
- 4. Drain tuna, squeezing very gently to remove some of the excess liquid; discard the Lemon Marinade.
- 5. Add tuna to Herb Salad and toss thoroughly.
- 6. Arrange on top of the betel leaves.
- 7. Drizzle with Sweet Fish Sauce and sprinkle with peanuts.
- 8. Serve immediately with rice and chilli on the side
- 9. To eat, wrap a piece of tuna with some salad and chilli in a betel leaf.