



Minced Tuna Persian Kebabs

Persians love all sorts of kebabs and minced lamb, koobideh, is often called Iran's national dish. Meaty tuna is a great alternative for a pescatarian version of this popular dish. Cooking time will depend on how thinly you roll the mince and on the heat of your grill; tuna dries out quickly, so better to undercook it then check and grill for a minute longer rather than risk overcooking it. Wrapping the minced tuna logs in flatbread with yoghurt and grilled tomato adds moisture, so they'll taste delicious even if they have been slightly overcooked.

Serves 2



INGREDIENTS

- ½ red onion
- 250g cooking-grade tuna, diced
- ¼ teaspoon ground turmeric
- Salt flakes and freshly ground, black pepper, to taste
- ½ lemon, cut lengthways
- 25g butter, melted
- 8 grape tomatoes
- Extra virgin olive oil, for rubbing
- Sprigs of fresh herbs, for serving
- Flatbread, for serving
- Thick natural yoghurt, for serving

METHOD

1. Cut half of the onion into slivers and set aside.
2. Coarsely grate the rest and place in the bowl of a food processor with the tuna, turmeric, salt and pepper.
3. Pulse just until pasty.
4. Preheat an overhead grill until very hot.
5. Meanwhile, dipping your hands into a bowl of cold water to prevent the mince sticking to them, shape it into 8 thin logs and place on a foil-lined baking tray.
6. Press indentations along the top with your fingers.
7. Cut lemon into 3 wedges.
8. Squeeze the juice from 1 wedge and mix it into the butter. Set the remaining wedges aside.
9. Brush kebabs with lemon butter.
10. Roll tomatoes in oil and place alongside the kebabs. Sprinkle with salt.
11. Place the tray under the grill and cook for about 2 minutes, until kebabs are coloured.
12. Turn, baste with more butter and cook for a further 2 minutes or so, until just cooked through.
13. Remove from tray, arrange kebabs and tomatoes on a platter and pour any cooking juices over them.
14. Serve herbs, flatbread, yoghurt, remaining lemon wedges and slivered onion on the side.