

Tuna Steak with Grape and Lambs Lettuce Salad

Total time **30 mins 10 mins** preparation time **20 mins** cooking time

INGREDIENTS

4 portion(s)

9 tbsp Kikkoman Ponzu Citrus

Seasoned Soy Sauce -

Lemon

2 tbsp of olive oil

Some chopped rosemary

needles

Freshly ground pepper

4 tuna steaks (approx. 120

g each)

100 g cream

0.75 tsp tahini paste0.75 tsp brown sugar2.5 tbsp cider vinegar

200 g lambs lettuce salad

leaves

2 chicory

100 g sugar snap peas100 g red, seedless grapes

2 shallots

1 bunch of chervil, leaves picked

60 g bread croutes

PREPARATION

Step 1

Mix 4 tbsp of Ponzu, 2 tbsp of olive oil and rosemary for the marinade and season with pepper. Brush the tuna steaks with the marinade and chill.

Step 2

Mix the remaining Ponzu, cream, tahini paste, sugar and vinegar for the dressing and season with pepper.

Step 3

Halve the chicory, cut out the stalk and cut lengthways into strips. Slice the sugar snap peas lengthways into strips. Peel the shallots and cut them into rings.

Step 4

Fry the tuna steaks in a non-stick pan on both sides for about 5-8 minutes. Arrange lamb's lettuce, chicory, sugar snap peas, grapes and shallots on plates and drizzle with the dressing. Garnish the salad with chervil and bread croutes and serve with the tuna steaks.