

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 paste
0.75 tsp	brown sugar
2.5 tbsp	cider vinegar
200 g	lambs lettuce salad leaves
2	chicory
100 g	sugar snap peas
100 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.