

TUNA STEAK WITH A WARM CAPER & TOMATO SALSA
(serves 2)



Lake Crystal Salt

2 Tuna Steaks
1 large Red Onion diced
2-3 Sweet Cherry Tomatoes chopped
into 1/4s

1 tbls Capers
Juice from 1 Lime
25g Butter
Oil

METHOD

- Lightly coat tuna steaks in oil and half of the juice from the Lime. Set aside.
- Drain capers and sprinkle with ***Lake Crystal salt*** - set aside.
- Melt butter in small pan and gently sweat the onion 3-4 mins, add tomatoes; capers and remaining lime juice. Gently heat through.
- Heat griddle or BBQ to high temperature and cook tuna steaks 30 seconds-1 min on each side, as desired.
- Spoon salsa on top of tuna steaks, sprinkle with ***Lake Crystal salt*** to taste and serve on a bed of dressed rocket leaves.

Lake Crystal natural lake salt - an organically certified fine food salt developed for the food enthusiast, discerning cook and the health conscious consumer.