



GROCCERS'
HALL

CHARGRILLED YELLOW FIN TUNA LOIN
WITH ENGLISH ASPARAGUS AND SUN-BLUSHED TOMATO DRESSING

Serves 1

INGREDIENTS

- 120g Best Quality Tuna Loin
- 3 Spears of Asparagus (English, if in season)
- 1 tbsp Sun-blushed Tomatoes
- 1 Plum tomato, skinned and deseeded
- 1 Shallot, finely chopped
- 1 Red Chilli, deseeded and finely chopped

Cracked dried spices (Juniper, Chilli, Cumin, Pink Peppercorns, Fennel and Sea Salt)
Fresh Coriander
Olive Oil
Balsamic Dressing
Micro Herbs

METHOD

1. Mix together the shallot, the plum and sun-blushed tomatoes, chilli, coriander and a little olive oil to make the salsa dressing.
2. Cook the asparagus in boiling salted water. When the asparagus is cooked, plunge into iced water to stop the cooking process.
3. Brush the Tuna Loin with a little of the olive oil and the cracked dried spice mix. Lower onto a hot pan to sear and cook the Tuna. We think it tastes best when still pink in the middle.
4. Remove the tuna on to a warm plate ready to be served.

With all components prepared and cooked, dress your dish:

5. Firstly cut the asparagus and the tuna
6. Arrange on your chosen plate/dish with the Salsa
7. Finish with micro herbs, balsamic dressing and a little drizzle of olive oil



Recipe by Graham Pratt, Sous Chef