



Sicilian Style Tuna with Salsa Verde

MAKES:4

PREPARATION TIME:15 minutes

COOK TIME:5-6 minutes

INGREDIENTS:

- 120ml (4fl oz) Filippo Berio Extra Virgin Olive Oil
- 3 tbsp lemon juice
- Salt and freshly ground black pepper
- 5 tbsp chopped parsley
- 4 tuna steaks
- 3 tbsp capers
- Grated zest of 1 lemon
- 1 large garlic clove, chopped
- 3 anchovy fillets

METHOD:

In a shallow dish mix 3 tbsp of the oil with half of the lemon juice and 1 tbsp of the chopped parsley. Season with salt and pepper then place the tuna steaks in the marinade and turn them so they are coated on each side. Cover and refrigerate for 1 hour, turning occasionally.

Rinse the capers and put into a small food processor with the rest of the oil, parsley, lemon zest, garlic and anchovies. Pulse until the ingredients become a thick paste.

Bring the tuna out of the fridge in enough time to lose their chill before cooking. To cook the tuna, lift them from the marinade and place on a pre-heated barbecue. The temperature needs to be hot to sear the fish. Place the fish on the grill rack and cook for 3 minutes, do not attempt to move the fish until the flesh begins to mark otherwise it will stick to the grill bars. Use a fish slice to turn the steaks and cook for a further 2 minutes or until well marked.

Serve the tuna topped with the salsa.

COOK'S TIP:

Try this recipe with swordfish steaks.

Cook it with: Extra Virgin Olive Oil

