

Tuna Steak with Sweet Potato Chips and Lemon Drizzled broccoli

This dish is soooo easy to make and utterly scrumptious....noteworthy, it's also super healthy, what's not to love. This serves two, if you are cooking for more humans (or dogs in my case) adjust the recipe accordingly.



Ingredients:

2 tuna steaks

Teaspoon of coconut oil (to cook)

For the marinade:

3 Spring onions, finely chopped

Handful of fresh coriander, finely chopped

2 teaspoons of capers

1/2 lemon squeezed

Desert spoon of olive oil

Sprinkle of sea salt and freshly ground pepper

For the sweet potatoes:

2 sweet potatoes, cut into thickish chips (I like to keep the skins on)

Sprinkle of chilli flakes

A fat clove of garlic, crushed

A wee glug of olive oil

Pinch of sea salt

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200gm Broccoli spears
1/2 lemon, squeezed
Drizzle of olive oil,
Pinch of sea salt, freshly ground black pepper

Method:

Preheat the oven to 200 (fan assist)

Boil the kettle

Mix all of the marinade ingredients, in a plastic container

Place the tuna steak in, gently rubbing the marinade into the tuna. Cover with a lid, or foil and place in the fridge.

Place the sweet potatoes onto a roasting tin, drizzle the olive oil, sprinkle the chilli flakes, sprinkle the crushed garlic. Get your hands in there, ensuring the chips are evenly coated. The chips will cook best if they are all lying flat (ie, don't bundle them on top of each other, they won't crisp up).

Pop in the oven, check after 25/30 mins depending on the oven. If they are not crisping up, turn them over, place back in the oven, keep an eye on them.

In a medium pan, add around an inch of boiling water. Pop the broccoli spears in, cover with a lid and blanch for no more than five mins.

Drain well, place on a flat baking sheet, drizzle with olive oil. Pop in the oven....NB timing is key here, put them in the oven for 5/7 mins. Time them so that the sweet potatoes and broccoli are ready simultaneously.

Remove from oven, place on a serving dish, drizzle with olive oil, salt and pepper to taste.

In a heavy bottomed frying pan, add the coconut oil, heat the pan (you want the pan hot, before adding the tuna).

Gently place the tuna in the hot pan, adding all of the marinade. At this point you can turn the heat down a tad. Cook for the tuna for 3 to 4 mins, carefully turn and cook for 3 to 4 mins on the other side.

Gently remove the tuna from the pan, spooning the delicious marinade over the top.

Serve with the chips and broccoli.....enjoy 😊 xoxo 🍷

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