

Char grilled Tuna with Crunchy Lemon Bulgar Salad



Serves 2 Prep 10 mins

Cooking 20 mins

Easy

Ingredients

2 tuna steaks
2 tsp olive oil

Salad

1 lemon, 1/2 juiced, 1/2 cut into wedges
1/4 red onion, finely diced
1 celery stalk, finely diced
8 baby plum tomatoes, diced
1/4 cucumber, finely diced
flat-leaf parsley, a small bunch, chopped
2 tbsp bulgar wheat or 100g couscous

1. To make the salad, put all the ingredients except the bulgar in a bowl, season really well then toss together.
2. Put the bulgar wheat in a bowl and just cover with boiling water. Cover with cling film then leave for 20 minutes. Drain really well then tip onto kitchen paper and cool. Add to the salad bowl and toss. For couscous, follow packet instructions.
3. Heat a griddle pan to very hot. Rub the tuna with oil, season well then griddle for 1-2 minutes per side depending on thickness. Put on a plate and rest for a minute.