

Seared Tuna Skewers with Courgette Salad



Serves 4 Prep 15 mins Cooking 10 mins Easy

Ingredients

1/5 cup (125ml) olive oil
grated zest of 2 lemons, + 1/4 cup (60ml) lemon juice
600g fresh tuna fillet, cut into 3 cm cubes
250g vine-ripened cherry tomatoes
1 tsp caster sugar
4 large zucchini, coarsely grated
2 tbsp finely chopped mint
2 tbsp pine nuts, toasted

1. Preheat oven to 200°C. Soak 4 wooden skewers in boiling water for 10 minutes. Combine the garlic, 2 tablespoons oil, half the lemon zest and plenty of salt and pepper in a bowl. Add the tuna, toss to combine, then cover and place in the fridge to marinate for 15 minutes.
2. Meanwhile, place tomatoes on a baking tray and drizzle with 1 tablespoon oil. Bake for 8-10 minutes until starting to soften. Preheat a char grill pan or barbecue to high. Thread marinated tuna onto soaked skewers and cook for 1-2 minutes on each side for rare, or until cooked to your liking.
3. Whisk sugar, lemon juice and remaining zest and oil together, then toss with the zucchini, mint and pine nuts. Serve with the tuna skewers and tomatoes.