

Tamarind-glazed Tuna, Sugar Snap & Peach Salad



Serves 2

Prep 20 mins

Cooking 10 mins

Easy

Ingredients

1 tsp caster sugar
2 tsp tamarind paste
2 tsp groundnut oil
2 tuna steaks

Salad

100 -150g pack sugar snap peas
2 peaches, sliced or 8 slices of peaches in natural juice
1/2 red onion, finely sliced
1 tsp sesame oil
2 tsp rice vinegar

1. First, blanch the sugar snap peas by putting them in boiling salted water for 2 minutes.
2. Put the sugar in a bowl and add a splash of boiling water from the kettle. Stir until the sugar dissolves then stir in the tamarind and oil. Put the tuna in a small dish and spoon over the tamarind mix. Leave for 20 minutes.
3. Heat a heavy frying pan to high and cook the tuna for 2 minutes each side, adding the rest of the glaze as you cook. Rest for 2 minutes while you toss all the salad ingredients together with some seasoning.
4. Serve the tuna with the salad.