

Tuna ,Papaya, Peach & Lime Salsa with Grilled Corn



Serves 2

Prep 10mins + marinating

Cook 20 mins

Ingredients

2 Tuna steaks
2 corn cobs
Olive oil

For the marinade

2 tbsp olive oil
1/4 or 1/2 tsp ground cumin

For the salsa

1 Papaya, peeled, deseeded & chopped into small chunks
1 mango or peach or peach slices in juice
1 lime, zested and juiced
1 tbsp olive oil
1 tbsp basil
1 tbsp chopped parsley or mint.

1. Mix all the marinade ingredients together (2tbsp olive oil, ground cumin) with a little salt and pepper, then use to thoroughly coat the tuna steaks. Cover, pop in the fridge and leave the fish to take on the flavours for up to 12 hours.
2. Make the salsa by adding all the ingredients (papaya, mango, zest and juice of 1 lime, extra virgin olive oil, mint (if using) to a bowl & season to taste. Set aside keeping at room temperature.
3. Rub a little oil over the corn cobs and place them under a hot grill. Keep turning the cobs until they are charred all over (about 8 mins), then remove to a plate while you cook the tuna.
4. Put a non-stick frying pan or griddle pan on a high heat. When really hot, place the tuna steaks into the pan and leave to cook for 3 mins on each side for medium done.
5. Using a sharp knife, cut the corn from the cobs and serve alongside the tuna and some salsa.
6. A lightly dressed crisp green salad goes well with this dish.