

tuna with caper and red onion salsa

small capers 1 tbsp, rinsed and drained
oregano or flat-leaf parsley 1 tbsp, chopped
red onion ½ small, diced
red wine vinegar 2 tsp
extra-virgin olive oil
green beans 100g
tuna steaks 2

step 1

Mix the capers, oregano, red onion, wine vinegar and 1 tbsp olive oil in a small bowl. Blanch the beans and keep warm. Brush the tuna with 2 tsp olive oil, season well and griddle (chargrill) or fry in a heavy non-stick pan for 2 minutes each side. Serve the tuna and green beans with the salsa.