



Szechuan Pepper Tuna with Fresh Thai Salad

SERVES 4

INGREDIENTS

480g tuna steaks
4 tbs Szechuan pepper
1/3 cup of dill, chopped
1 tbs salt flakes
1 tbs olive oil
Lemon wedges and chilli
(optional) to serve

Dressing

3 tbs fish sauce
4 limes juiced and zested
3 large red chillies, sliced
1 stick lemongrass, chopped
(white part only)
Equal sweetener (optional)

Salad

150g bean shoots
1/2 Chinese cabbage (wombok), finely sliced
10 kaffir lime leaves, sliced
3 large red chillies, seeded and finely sliced
1 large red pepper, seeded and finely sliced
1/2 bunch of mint, leaves only
1/2 bunch of coriander, leaves only
1 punnet cherry tomatoes, halved
150g snow peas or mangetout, thinly sliced
100g fresh green beans, thinly sliced

METHOD

1. Finely crush the pepper in a mortar and pestle or grinder.
2. In a bowl combine the pepper, dill, and salt. Coat the tuna steaks on both sides with the spice mix.
3. Heat the oil in a non-stick frying pan over medium heat. Cook the tuna for 2-3 minutes on each side or until cooked to your liking. It should remain pink in the middle.
4. Divide the salad into four bowls, place the tuna on top, serve with lemon wedges. Garnish with chilli if desired

Salad

Combine all ingredients in a large bowl.

Dressing

1. Using a mortar and pestle (or a small food processor) to grind all the ingredients, except the Equal, until the chilli and lemongrass form a paste. Strain the dressing through a sieve and sweeten to taste with the Equal (optional)
2. Pour the dressing on the salad and toss well.