



# Tuna Kebabs with Spicy Coleslaw

SERVES 4

## INGREDIENTS

480g tuna steaks, cut into 2cm cubes

Marinade

Olive oil spray

3 garlic cloves, crushed

1 tsp ground paprika

1 small chilli, deseeded and finely chopped

2 tbs chopped mint

2 tbs chopped parsley

2 tsp balsamic vinegar

2 tbs lemon juice

Spicy coleslaw

1 cup finely shredded green cabbage

1 cup finely shredded red cabbage

1 red onion, finely sliced

1 long red chilli, finely sliced

4 tbs lime juice

2 tsp olive oil

Handful of mint leaves

## METHOD

1. Combine all marinade ingredients in a bowl. Add the tuna cubes and allow to marinate for 1 hour.
2. Thread the tuna onto skewers (if they are wooden they will need to be soaked in advance). Heat a large frying pan or grill plate over medium heat and spray with olive oil. Cook the tuna for one minute on each side. It should remain rare.
3. Combine all the salad ingredients in a large bowl. Serve with the tuna.

