

Tuna is a good source of omega 3 fatty acids with diets rich in omega 3's linked to a lower risk of cardiovascular disease, as well as having anti-inflammatory effects. The apple salad and light ponzu dressing cuts through the richness of the tuna. This salad is perfect for lunch, or as a light dinner, and is dinner party worthy.

Tuna tataki on smashed avocado, apple salad & ponzu dressing

Serves 4

Preparation time: 20 minutes

Cooking time: 5 minutes

DF

GF (see tip)

1 avocado, peeled, stone removed, diced
3 long green shallots, trimmed, thinly sliced
2 teaspoons lightly toasted sesame seeds
2 teaspoons lemon juice
2 teaspoons macadamia or olive oil
4 x 125g tuna steaks
100g baby spinach and beetroot leaves
1 Lebanese cucumber, seeded, cut into thin batons
1 green apple, cored, cut into thin batons

Ponzu dressing

2 tablespoons Japanese soy sauce
1 tablespoons lemon juice
1 tablespoon mirin
½ teaspoon finely grated fresh ginger

1 To make the ponzu dressing, combine the soy sauce, lemon juice, mirin and ginger in a small bowl. Refrigerate until needed.

2 Place the avocado in a medium bowl, roughly mash with a fork. Stir through the shallots, sesame seeds and lemon juice. Season to taste with sea salt and freshly ground black pepper.

3 Heat a large char grill pan or non-stick frying pan over high heat. Brush tuna with oil, season with sea salt and freshly ground black pepper. Grill tuna for 30 seconds each side, or until just seared. Set aside to cool, cut into 5mm thick slices.

4 Combine the spinach and beetroot leaves, cucumber and apple, add the tuna and toss to combine. To serve, spread some avocado mixture in the centre of 4 serving plates. Top with the salad and drizzle with the ponzu dressing. Garnish with extra sesame seeds.

Tip: Tuna tataki needs to be just seared, so is important not to overcook.

Tip: you can substitute the Japanese soy with salt reduced tamari for a gluten free version.