



# Grilled Tuna Steak with Sweetcorn and Sesame Salsa

**Makes:** 2

**Prep time:** 15 minutes

**Cook time:** 15 minutes

Tuna steaks are easy to cook on the barbecue - just make sure to leave them rare in the middle, otherwise they will dry out. A spicy sweetcorn salsa works well alongside, fragrant with toasted sesame.

## For the fennel:

1 large tuna steak, approx 500g (or use 2 smaller steaks and adjust the cooking time)

198g can sweetcorn (165g drained weight), drained

¼ red onion, peeled and very finely chopped

1 teaspoon sesame oil

1 tablespoon lime juice

1 red chilli, finely chopped

1 teaspoon fish sauce

2 tablespoons sesame seeds

1 handful coriander leaves, chopped

Neutral oil, for cooking the tuna steak

## Method:



**1.** Toast the sesame seeds in a dry frying pan and allow to cool.



**2.** Combine the sweetcorn, red onion, lime juice, chilli, sesame oil, sesame seeds, coriander and some salt and pepper. Set aside.



**3.** Lightly oil the tuna steak with neutral oil and season well with salt.

**4.** Light two gas burners on the Jupiter Outback BBQ and set the heat to high.

**5.** When it's vert hot, cook the tuna steak for a few minutes each side if very thick, around a minute or under if it's not. You want the tuna to stay rare in the middle.

**6.** Serve the tuna steak sliced with the salsa.