

Tomato & olive salad with tuna



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Serves: 4

Preparation: 20 minutes

Cooking: 4–5 minutes

750g ripe egg tomatoes, roughly
chopped

1 small yellow capsicum, halved,
deseeded and finely sliced

4 green onions, finely sliced

1/3 cup roughly chopped flat-leaf
parsley

1/2 cup small black olives

salt and ground black pepper

4 (about 600g) fresh tuna steaks

1/4 cup extra virgin olive oil

2 lemons

2 tbs capers, rinsed

crusty bread, to serve

1. Combine tomatoes, capsicum, green onions, parsley and olives in a large bowl. Season with salt and pepper to taste, drizzle with 1 tbs oil and toss gently to combine. Set aside. Juice 1 lemon and cut remaining lemon into wedges. Set aside.
2. Sprinkle tuna with salt and pepper to taste. Place remaining oil into a large frying pan and heat over medium-high heat until hot. Add tuna steaks to pan and cook for 2 minutes on each side (for medium-rare) or until cooked to your liking.
3. Add lemon juice and capers to pan and gently shake pan over heat until heated through.
4. Arrange tomato salad onto serving plates. Slice tuna and arrange over salad, drizzle with capers and pan juices and serve with crusty bread.

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