

Sesame crusted tuna with broccoli & sweet potatoes

(Serves 2)

Ingredients

- 100g Blueberries
- 20mls White wine
- 2 tbsps Sesame seeds
- 2 Eggs, yolks only, whisked
- 1/4tsp Black pepper
- 200g Sweet potatoes, peeled & cubed
- 160g Broccoli florets
- 2 med Pepper, red, deseeded & chopped
- 200g Tuna steak, fresh
- 1 tsp Oil, Olive, napolini

Preparation

1. Blend blueberries & white wine until smooth. Set aside.
2. Place sesame seeds, whisked egg yolks & black pepper into a bowl & mix. Add tuna & coat thoroughly.
3. Cook sweet potato in a pan of boiling water until tender. Drain, mash & keep warm.
4. Whilst sweet potato cooking, steam broccoli & red pepper for appx 10 minutes. Turn off steamer but keep warm.
5. Heat olive oil in a frying pan & cook tuna for 3-4 mins each side or until cooked through.
6. Arrange broccoli & red pepper onto serving plate & put sweet potato in middle.
7. Place tuna on top of sweet potato & pour blueberry sauce over tuna.
8. Serve immediately.

TOP TIP: This recipe has been adapted from one of Gino D'Acampo's & is a good source of Omega 3.

NUTRITIONAL VALUES PER SERVING

Calories 505

Total Sugars 17.17g

Total Fats 18.47g

Saturated Fats 3.59g

Salt 0.36g

Fruit & Veg 3