

Grilled tuna steak, Mediterranean-style vegetables, tomato marmalade with black olives |

Recipe for 4 persons

Description

A perfectly cooked tuna steak served on a bed of mediteranean vegetables with a nice sweet compote of tomatoes and orange.

Note

The texture of the tomato compote will vary depending on how long you cook it. Stop cooking when you reach the desired texture.

Ingredients

Tuna

- 500 Gr Yellowfin tuna
- 4 Dash Olive oil
- Salt and pepper

Vegetables

- 1 Unit(s) Red pepper
- 1 Unit(s) Red onion
- 1 Unit(s) Zucchini
- 0.50 Unit(s) Eggplant
- 1 Pinch(es) Oregano
- Salt and pepper

Tomato compote

- 24 Unit(s) Cherry tomatoes
- 2 Clove(s) Garlic
- 1 Sprig(s) Thyme
- 1 Small Onion
- 1 Unit(s) Orange
- 12 Unit(s) Pitted kalamata olives
- Salt and pepper

Preparation

- Preparation time **45 mins**
- Preheat your **barbecue** at **475 F°**

Preparation

Cut the vegetables into even sized cubes for the plancha. Mince the garlic and onion. Cut the cherry tomatoes in 2. Mince the oregano. Pluck the leaves from the thyme. Peel the orange to the flesh with a knife. Slice the olives.

Tuna

Let the tuna temper at room temperature for roughly 10 minutes before cooking them. Drizzle with olive oil and then season with salt and pepper. Sear on high heat on both sides for roughly 2 minutes. Serve immediately. It should still be raw or rosé in the center.

Vegetables

Sauté the vegetables on the plancha or in a skillet on medium high heat with a drizzle of olive oil. Season with salt and pepper to taste. Serve with the tomato compote.

Tomato compote

Combine all of the ingredients for the compote in a sauce pot and cover with aluminum foil. Place on the grill for 10 minutes, remove the aluminum and continue to cook for another 10 minutes. Add a drizzle of olive oil and blend until you reach the desired consistency. Season to taste with salt and pepper.

Bon appétit!