

TUNA STEAK WITH A WARM CAPER & TOMATO SALSA

(SERVES 2)

INGREDIENTS

Lake Crystal Salt

- 2 Tuna Steaks
- 1 large Red Onion diced
- 2-3 Sweet Cherry Tomatoes chopped into 1/4s
- 1 tbls Capers
- Juice from 1 Lime
- 25g Butter
- Oil



METHOD

- Lightly coat tuna steaks in oil and half of the juice from the Lime. Set aside.
- Drain capers and sprinkle with *Lake Crystal Salt* - set aside.
- Melt butter in small pan and gently sweat the onion 3-4 mins, add tomatoes; capers and remaining lime juice. Gently heat through.
- Heat griddle or BBQ to high temperature and cook tuna steaks 30 seconds-1 min on each side, as desired.
- Spoon salsa on top of tuna steaks, sprinkle with *Lake Crystal Salt* to taste and serve on a bed of dressed rocket leaves.

[Lake Crystal natural lake salt](#) - an organically certified fine food salt developed for the food enthusiast, discerning cook and the health conscious consumer.