



## Tuna Steaks with a Cucumber, Dill and Wild Rocket Salsa

Half a large cucumber  
50g wild rocket  
2 tbsp chopped fresh dill  
3 tbsp vegetable or sunflower oil  
1 tbsp red wine vinegar  
Salt and black pepper  
4 x tuna steaks

Cut the cucumber in half lengthways and use a teaspoon to scoop out the seeds. Cut lengthways into strips then dice finely. Toss together with the wild rocket and dill.

Heat a ridged grill pan (preferably non-stick) over a medium-high heat. Brush the tuna steaks with a bit of the oil. Mix the rest of the oil with the vinegar and season with salt and pepper.

Lay the fish in the hot grill pan and fry for 2–3 minutes each side, depending on thickness. It's best to serve this fish medium rare, so don't overcook it.

When the fish is done, remove to individual warmed plates and top each steak with a handful of the salsa. With the pan still on the heat pour in the vinegar and oil mixture and let sizzle for a few seconds before pouring it over the fish and salsa.

Serve immediately.



## PERFECT FOR POPPING ON THE BBQ MARINADED CHARGRILLED TUNA

For the marinade:

3 x 15ml spoons balsamic vinegar

5 x 15ml spoons extra virgin olive oil

2 x 15ml spoons mixed herbs, chopped

2 cloves garlic, finely chopped

big pinch of salt and freshly ground black pepper

Thoroughly defrost Field-fare Tuna Steaks

Put the tuna into a small, shallow dish, mix all the marinade ingredients together and pour two thirds over the tuna steaks and marinate for 3-4 hours in the refrigerator.

Barbecue the tuna and cook for 2 minutes each side, serve with a green salad and new potatoes !



## Sicilian Tuna with Sweet & Sour Onions

4 Field-Fare Tuna Steaks  
salt and pepper  
4 tbsps olive oil  
2 large onions, thinly sliced  
1 tbsp caster sugar  
3 tbsps red wine vinegar  
3 fl oz dry white wine  
2 tbsps chopped parsley

1. Season Tuna with salt and pepper.
2. Warm 3 tbsps of the olive oil in a wide frying pan and add the onions. Cook gently until soft then raise the heat to medium and fry until richly browned. Scoop out and put to one side.
3. Add the remaining oil to the pan and heat well. Fry the tuna steaks briskly on both sides to brown. Reduce the heat and cook for a further minute.
4. Now add the sugar, vinegar and wine and return the onions to the pan. Stir around the tuna and turn the heat up. Cover and simmer for 2 more minutes. Sprinkle with parsley and serve.



## Tahitan Chicken & King Prawn Curry

125ml vegetable oil	6 chicken legs
6 small golden sweet potatoes	2 tbsp red curry paste
1 cinnamon stick, broken	2 cloves
200ml coconut milk	1 tsp vanilla seeds
12 Field-fare king prawns	1 pinch salt & fresh ground black pepper
1 lemon, juice	3 papayas, peeled and cubed
1 chopped spring onion	

1. Heat 100ml of the oil in a wok to 190C and fry the chicken legs for about 15 minutes until crispy. Drain on kitchen paper and discard the oil.
2. Chop the sweet potato into large chunks, and boil in a large saucepan of boiling salted water. Drain when cooked - about 10 minutes.
3. Heat the remaining oil in a clean wok and gently fry the curry paste and spices. Add the coconut milk and bring to the boil.
4. Stir in the vanilla seeds and field-fare prawns. Simmer together for four to five minutes and season. Add the cooked sweet potato and cook for a further few minutes.
5. Stir in the papaya, chicken legs and lemon juice. Garnish with spring onion and serve.