KIKKOMAN

Grilled Tuna Steak & Salad

Total time **60 mins** **15 mins** preparation time **30 mins** marinating time **15 mins** cooking time

Nutritional facts (per portion):
3,012 kJ / 753 kcal

Fat: **40 g** Protein: **78 g**
Carbohydrates: **13 g**

INGREDIENTS

2 portion(s)

2	tuna steaks - 150 g each
125 ml	freshly squeezed orange juice
3 tbsp	Kikkoman Naturally Brewed Soy Sauce
0.5 tsp	sweet paprika
0.5 tsp	dried oregano
2	cloves garlic crushed with garlic press
0.5	chilli pepper
Plus	
1 bunch	parsley
2 handful	favourite lettuce
90 g	pitted black olives
1 tbsp	capers
100 g	cherry tomatoes
Dressing	
3 tbsp	olive oil
1 tsp	tahini paste
1 tbsp	Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon

PREPARATION

Step 1

Mix the marinade ingredients in a bowl: soy sauce, orange juice, spices and garlic. Add chilli/Tabasco sauce and mix thoroughly.

Step 2

Cover the tuna steaks with the marinade and then put aside for marinating.

Step 3

Remove the excess marinade from the tuna steaks and grill on a preheated high temperature surface for 1-2 minutes on each side so the fish remains pink inside.

Step 4

In a second bowl mix dressing ingredients: ponzu, tahini paste and olive oil. Mix thoroughly.

Step 5

Chop the olives. Cut in half the cherry tomatoes.

Step 6

Serve the tuna steaks on a bed of lettuce, olives, tomatoes and capers. Drizzle over the dressing and sprinkle with chopped parsley.