

Seared tuna steaks with a lemon, caper & parsley butter

Serves 4 | Pair with: **Haute Cabrière Chardonnay Réserve**



INGREDIENTS

800gm – 1 kg Fresh tuna steaks
Olive oil
Sea salt & pepper
100gms salted butter
3 Tbs baby capers
2 1/2 Tbs chopped fresh parsley
2 Tbs fresh lemon juice
Caperberries and lemon wedges to garnish

METHOD

Brushed the steaks with olive oil and season them with salt and pepper. Heat a large griddle or non-stick frying pan to medium-high heat.

Cook the steaks on each side for about 3 – 5 minutes depending on the thickness. If you want the steaks to be pink in the middle, ensure you take them off the heat in time. They will carry on cooking a bit after they have been removed.

Put the butter, capers, parsley, and lemon juice in a small pot and bring to a bubble. Pour this over the seared tuna steaks to serve. Garnish with caperberries and lemon wedges.

Sides | Boiled new potatoes tossed in butter and parsley is an excellent side for this dish as is cooked asparagus and a green salad.