

Tuna steak and onion

Categoria	Tempo de preparação	Dificuldade	Custo	Com quem?	Nº de pessoas
Peixe	Select	Médio	Intermediate	With family	4 pessoas

Ingredientes

- 600ml Gallo Special Selection
- To taste: Gallo White Wine

- 125g fresh tuna steak
- White and red onion to taste
- 100g garlic cloves
- 50g fresh tomatoes
- Green and red bell peppers to taste
- Fresh basil to taste
- Ground pepper to taste
- Coarse salt to taste

Modo de preparação

1. Start by seasoning the tuna steak with ground pepper and coarse salt.
2. Cut the onions in slices, the bell peppers in thin strips and crush the garlic cloves.
3. Heat the olive oil, add the garlic cloves and, when fried, add the bell peppers and the onions and let them stew.
4. Remove the onions mixture and, with the same olive oil, fry the tuna steak, finishing with a few drops of white vinegar.
5. Sauté the tomato, previously diced.
6. Place the onions mixture in the preparation pan and then place the tomato over the tuna.
7. Serve it hot, decorating with basic, with a drizzle of olive oil and a sprinkle of ground pepper.

Produtos utilizados



Special Selection

Extra Virgin Premium Olive Oil



White Wine

Daily Vinegar

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