



Tuna steak with a fried parsley crust



Categoria
Peixe



Tempo de preparação
Médio



Dificuldade
Médio



Custo
Intermediate



Com quem?
With family



Nº de pessoas
4 pessoas

Ingredientes



3 tbsp Gallo Premium Olive Oil: Moonlight Harvest, Special Selection or Late Harvest Colheita Madura



1 tsp Gallo Piri Piri Sauce Grande Escolha

- 4 Tuna steaks
- 20 Peeled new potatoes
- 350g Mix of courgettes, carrots, tomatoes, grapes
- Parsley, in bunch to taste
- Salt and black pepper to taste

Modo de preparação

1

Boil the potatoes for 5 minutes.

2

Cut all the vegetables into little balls. Sauté them with one tbsp. of Gallo Extra Virgin Olive Oil.

3

Add the potatoes to the vegetables.

4

Season the tuna steaks with salt and black pepper.

5

Fry them in olive oil, undercooked.

6

Remove the tuna and fry the parsley bunch in the same olive oil, quickly. Dry the parsley and place over the tuna.

7

Sprinkle the Gallo Piri Piri Sauce on top before serving.

Produtos utilizados



Colheita Madura

Azeite de Oliva Extra Virgem Premium



Grande Escolha



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