

Grilled Tuna & Pineapple Salsa

Ingredients

4 x 170g Tuna Steaks

2 - 3 tablespoon OHCo. Irish Garden Herb Oil.

*20g OHCo. Brooklodge
Steak Rub.*

50g Sesame Seeds.

½ Medium fresh Pineapple peeled and cut into 1cm slices.

1 small red onion, sliced.

*2 tablespoon fresh
coriander leaf.*

*2 Jalapeno peppers, seeded
and diced.*

2 tablespoons lime juice.

Directions

Grill the pineapple slices, uncovered, over medium heat for 5-7 minutes on each side.

Chill for 30 minutes.

Dice the pineapple, place in a bowl, stir in the onion, jalapenos, coriander and lime juice.

Place in the fridge and chill for 1 hour.

Brush the tuna steaks with OHCo. Irish Garden Herb Oil & season with the OHCo. Brooklodge Steak Rub.

Coat the steaks with the sesame seeds and stir in a hot pan with oil.

Cook the steaks for 2/3 minutes on both sides.

Serve with the pineapple salsa and perhaps some salad.