 

SEARED TUNA WITH FENNEL & APPLE SALAD served with THE CRATER RIM FROM THE ASHES PINOT NOIR

SERVES: 4

INGREDIENTS

¼ cup pine nuts

2 fennel bulbs, thinly sliced

2 Granny Smith apples, julienned

2 celery stalks, thinly sliced diagonally

2 Tbsp olive oil

Juice from 1 lemon

4 tuna steaks

Salt & pepper

A little oil for frying

COOKING DIRECTIONS

* Toast pine-nuts in a small pan until lightly brown and then remove from hot pan into a separate dish to stop cooking any further.
* Place fennel, apple and celery and pine-nuts in a salad bowl. Add salt and pepper. Mix together lemon juice and olive oil, add to salad ingredients and combine well.
* Season tuna steaks on both sides and pan-fry in a little oil for one minute on each side. Serve immediately with salad on the side.
* Enjoy with a glass of The Crater Rim From the Ashes Pinot Noir.