

# BBQ Tuna Steaks with Walnut Sauce

## Ingredients

Serves 4

4 Tuna Steaks

Salt & Pepper

½ cup extra virgin olive oil

100g baby rocket leaves

1 lemon, quartered

Walnut Sauce

100g walnut kernels

1 clove garlic, chopped

1 slice stale white bread, soaked in water

1 tblspn white wine vinegar

3 teaspn lemon juice

1/3 cup extra virgin olive oil

Salt & Pepper



## Method

**Make Walnut Sauce:** Place the walnuts and garlic in a food processor. Squeeze the water out of the bread and add to the walnuts. Pulse until walnuts are finely chopped. Add vinegar, lemon juice, oil, salt and pepper and pulse to combine. Chill until ready to serve.

Heat a barbecue or char-grill plate.

Brush the steaks with some of the olive oil and sprinkle with salt and pepper. Cook the steaks for 3 minutes on one side, then turn and cook the other side for 1 minute, so that they are still pink in the centre, or until cooked to your liking. Rest fish in a warm place for a few minutes before serving.

Meanwhile, arrange rocket leaves on plates, drizzle with remaining olive oil.

Place a steak on top and spoon walnut sauce over each steak. Serve with a lemon wedge.