

Grilled tuna in a mint and watercress sauce with baked vegetables

04 tuna filets (more or less 160 gr.)
08 fresh asparagus spears
08 mini corn cobs
08 mini carrots
08 courgette slices
04 broccoli florets
01 small onion, cut into quarters
04 tablespoons extra virgin olive oil
01 tablespoon chopped chives
Salt and freshly milled white pepper
Fleur de sel to taste

Preparation:

Boil the asparagus in salted water, remove and place in a bowl with cold water and ice cubes; repeat for mini-carrots and broccoli florets; set aside.

Rapidly braise the courgette slices, mini corn cobs and the onion in a cast iron griddle pan, making sure all sides are done; set aside.

Sauce:

Remove the leaves from the watercress and the garden mint and put into a liquidiser with the olive oil. Blend for a few minutes, season with salt and pepper.

Serving:

Mix all the vegetables, drizzle with olive oil and put in the oven on a medium heat.

Season the tuna filets with a little salt and pepper and cook them in a teflon frying pan until they are as well done as is required.

Heat the sauce and pour onto the lower part of the plate. Place the filets in the sauce and give them a touch of fleur de sel. Arrange the vegetables on the upper part of the plate. Sprinkle with the chopped chives.

Mint and watercress sauce:

100 ml extra virgin olive oil
04 tablespoons watercress
04 tablespoons garden mint
Salt and freshly milled white pepper

