

Tuna with onions, macadamias and Brazil nuts



Ingredients:

4 fresh tuna steaks without skin or bones, approx. 150 g each
2 onions
olive oil
salt

15 g sugar
dried herbs (oregano, bay, thyme)
50 cc balsamic vinegar
50 g raw macadamia nuts
50 g raw Brazil nuts

Preparation:

Salt the tuna and sear on an oiled griddle pan for 2 minutes on each side. Set aside. Slice the onion very finely and fry very gently in the oil over a low heat for 20 minutes. Add the tuna, herbs, roughly-chopped nuts and balsamic vinegar. Bring to the boil and serve immediately.