

INGREDIENTS:

4 tuna steaks weighing about 180g

2 tablespoons vegetable oil plus a little extra

1 heaped tablespoon Cajun seasoning

3 heads pak choi

2 bunches spring onions

250g mangetout

4 large Jerusalem artichokes

1 tablespoon each soy sauce, balsamic vinegar, rice wine (or sherry) and rice wine vinegar

Few drops Tabasco

TIME: 1.5 hours**SERVING:** 4 people

For the sauce, mix together the soy sauce, vinegars, rice wine and Tabasco and reserve. Prepare the vegetables. Separate, wash and dry the pak choi leaves and slice the white parts finely and the green tops more coarsely. Trim the spring onions and slice them and the mangetout diagonally, peel the artichokes and cut into fine strips using a vegetable peeler. Rub the tuna steaks with a little vegetable oil on each side and sprinkle generously with the Cajun seasoning. Heat the vegetable oil in a wok or large frying pan and put another dry pan over a medium flame. Place the tuna steaks in this pan and cook for two minutes each side and gradually add the vegetables to the wok a little at a time so the temperature remains high and they fry rather than boil. Once well wilted stir in the sauce, cover and leave for 30 seconds before serving with the fish.

Enjoy! Malcolm & Julie Pyne

YOUR NOTES: