

INGREDIENTS:

4 tuna steaks weighing around 200g

1 large tomato

2 Spanish onions

One-inch piece of fresh ginger root peeled and grated

One small green chilli

250ml coconut milk

Good pinch of salt

Tablespoon garam masala

TIME: 30 mins**SERVING:** 4 people

Peel the tomato by plunging into boiling water, leaving for two minutes then transferring to a bowl of iced water. Cut away the flesh discarding the pips and core, and dice. Peel and finely slice the onions, finely chop the green chilli – leave the seeds in if you prefer extra heat.

Pour the coconut milk into a pan, add the onion, tomato, ginger, chilli and garam masala and simmer over a very low heat for 10 minutes. Add the tuna steaks and a pinch of salt and simmer for a further 10 minutes. Serve with pilau or basmati rice and naan breads.

Enjoy! Malcolm & Julie Pyne

YOUR NOTES: