Tuna steak with a fried parsley crust

Categoria	Tempo de preparação	Dificuldade	Custo	Com quem?	Nº de pessoas
Peixe	Médio	Médio	Intermediate	With family	4 pessoas

Ingredientes

- 3 tbsp Gallo Premium Olive Oil: Moonlight Harvest, Special Selection or Late Harvest Colheita Madura
- 1 tsp Gallo Piri Piri Sauce Grande Escolha
- 4 Tuna steaks
- 20 Peeled new potatoes
- 350g Mix of courgettes, carrots, tomatoes, grapes
- Parsley, in bunch to taste
- Salt and black pepper to taste

Modo de preparação

1. Boil the potatoes for 5 minutes.
2. Cut all the vegetables into little balls. Sauté them with one tbsp. of Gallo Extra Virgin Olive Oil.
3. Add the potatoes to the vegetables.
4. Season the tuna steaks with salt and black pepper.
5. Fry them in olive oil, undercooked.
6. Remove the tuna and fry the parsley bunch in the same olive oil, quickly. Dry the parsley and place over the tuna.
7. Sprinkle the Gallo Piri Piri Sauce on top before serving.

Produtos utilizados

Colheita Madura

Azeite de Oliva Extra Virgem Premium

Grande Escolha

Azeite de Oliva Extra Virgem Premium

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