



Herb encrusted Southern Bluefin MORI TUNA

2 small red chillies
2 small stems lemon grass
1 bunch coriander
1 bunch chives
1 bunch mint
½ bunch parsley

½ bunch spring onions
½ bunch dill
1.5-2 kg MORI TUNA
loin skinned
50ml canola oil

Method

Chop all herbs & chilli so they are all roughly the same size & mix together. Pull out a length of glad wrap big enough to cover the whole tuna loin. Now sprinkle some of the herb mix on the glad wrap, then place the tuna loin on top of the herbs. Sprinkle the rest of the herb mix over the top of the tuna & then wrap up nice & tight with the glad wrap. Leave for about 2 hours in the fridge or overnight.

When ready place half of the canola oil into a medium size pan & heat, unwrap the tuna & slice into 2cm steaks. Place into the pan & cook for 2 min then turn & cook other side for 1.5 min (this should be medium/rare). Remove from the pan & place on top of heated Udon noodles mixed with wakame & top with wasabi hollandaise.

Sashimi Tip

Slice the raw tuna into preferred size pieces for a melt-in-the-mouth experience. You can also dip the tuna cubes in wasabi floating in soy sauce to excite the taste buds.

