

Tuna Salad with Green Mangoes Recipe

Ingredients:

4 tuna steaks, each about 150 g
2 green mangoes, about 200 g, peeled and coarsely shredded
1 tablespoon salt
50 g shallots, peeled and sliced
125 ml coconut cream

Seasoning:

½ teaspoon salt
½ teaspoon freshly crushed black pepper
1 tablespoon lime juice

Garnishing:

Finely chopped red chilies
Finely chopped kaffir lime leaves

Method:

Rub tuna steaks with seasoning ingredients, then oven-grill or pan-fry over low heat until medium-well done. Remove cooked tuna and leave to cool to room temperature before flaking into small pieces. Place shredded mangoes in a bowl, add 1 tablespoon salt and mix well, then set aside for 10 minutes. Squeeze mango shreds for sour juices to discard, then rinse mango thoroughly under running water to remove salt. Drain shredded mango well and squeeze again until very dry. Combine tuna, mangoes, shallots and coconut cream in a large bowl. Toss until well mixed and adjust seasoning to taste with salt and pepper, if necessary. Transfer to a platter to serve or divide among individual serving plates, then garnish as desired.

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