

Tuna in Aromatic Tomato Sauce Recipe

Ingredients: Serves 4

4 tuna steaks (700g)
1 teaspoon salt or to taste
2.5cm cube of root ginger, roughly chopped
4 large garlic cloves, roughly chopped
2-4 green chilies, seeded and roughly chopped
4 tablespoons sunflower oil
1 large onion, finely chopped
1 teaspoon ground aniseed
1 teaspoon ground turmeric
200ml chopped canned tomatoes, sieved
½ teaspoon black mustard seeds
½ teaspoon onion seeds
8-10 fenugreek seeds
2 tablespoons chopped coriander leaves
boiled basmati rice, to serve

Method:

Cut each tuna steak into 3-4 thick slices and sprinkle half teaspoon of the salt. Set aside. If you are using frozen fish, thaw completely and pat dry with absorbent paper first. Puree the ginger, garlic and chilies in a blender, adding a little water if necessary. In a sauté or other suitable pan, heat 3 tablespoons of the oil over a medium heat. Add the onion and fry, stirring regularly, until it is soft and has a tinge of brown, then add the pureed ingredients. Continue to cook for 30-40 seconds, then add the ground aniseed and turmeric. Stir-fry for 1 minute and add the sieved tomatoes and the remaining salt. Cook for 2-3 minutes and add 150ml lukewarm water. Stir and let the sauce bubble gently for a minute or so, then add the fish. Cover the pan, reduce the heat to low and cook for 10-12 minutes. In a wok, small saucepan or a steel ladle, heat the remaining oil over a medium heat. When hot, add the mustard seeds, followed by the onion seeds and then switch off the heat source. Next, add the fenugreek seeds and let them sizzle for 15-20 seconds. Fold in the spice mixture along with the flavored oil into the tomato sauce. Keep the pan covered until you are ready to serve. Serve with boiled basmati rice garnished with the coriander leaves.