



## Grilled Tuna

The sea means fresh fish, which has that fresh smell of the sea. No matter whether the fish is cut into thick fillets or whether it is a whole fish; most important is for it to be juicy, cooked right through (even along the bone) and once cooked, that it does not fall apart.

### Ingredients

#### Number of persons: 4

- 1 kg tuna or bonito
- 150 ml olive oil
- 2 garlic cloves, crushed
- pepper
- bay leaf
- 1,5 tablespoon [Vegeta Beef Stock Powder](#)
- 1 rosemary twig

#### Serving:

- lemon
- parsley



Preparation time: 30 min

Energetic value: 599 kcal / 2504 kJ

Demanding:

### Preparation

1. Wash the fish, dry with paper towel and cut into even slices.
2. Combine 100 ml oil, garlic, pepper, bay leaf and Vegeta Beef Stock Powder.
3. Place the fish into a dish, cover with the above prepared mixture and let stand for about 2 hours.
4. After this time, heat up the pan or BBQ and cook the fish slices (either in pan or BBQ) for 15 minutes each side.
5. While cooking, continually brush the fish slices with rosemary twig dipped in oil.

### Serving

Arrange on a serving plate, decorate with lemon and parsley.

Salad suits this recipe well. Try preparing the following salad:

In oil, cook eggplant and zucchini, garnish with garlic slices, vinegar and olive oil.

### Tip

If preparing tuna clean the bones and then cook. If using bonito, cook with bones.

### My notes

