



## Tuna with Pesto

The fish becomes excellent when it is cooked with wine and pesto made from aromatic ingredients such as: rosemary, basil, parsley, garlic, parmesan and olive oil. Served with swiss chard or potato, either way, it's a winner.

### Ingredients

#### Number of persons: 4

- 800 g tuna fillets (or bonito)
- lemon juice
- 1 tablespoon [Vegeta Beef Stock Powder](#)
- 30 g pine nuts
- 3 tablespoons oil

#### Pesto:

- 70 ml olive oil
- 50 g parmesan, grated
- 3 garlic cloves, chopped
- 1 tablespoon parsley, chopped
- 1 teaspoon rosemary, chopped
- 1 teaspoon basil, chopped



Preparation time: 1 h

Energetic value: 587 kcal / 2454 kJ

Demanding:

### Preparation

1. Using a smaller bowl prepare the pesto, by combining olive oil, parmesan, garlic, parsley, rosemary and basil.
2. Dribble lemon juice on the fish fillets and sprinkle with Vegeta Beef Stock Powder.
3. In a small pan toast the pine nuts.
4. Heat up the BBQ plates well, grease with oil and then place the prepared tuna or bonito fillets. Cook each side 3-4 minutes.
5. While the fillets are still warm cover with prepared pesto mixture and sprinkle toasted pine nuts.

### Serving

Serve with boiled swiss chard, baked pumpkin or potato.

### Tip

Pesto is best prepared using fresh herbs and in a larger quantity. It can also be frozen and used as required.

### My notes

