Bob le Chef’s Grilled Tuna Steak and Avocados



Serves 2

Ingredients

1 large tomato, diced (approx. 250 ml / 1 cup)
½ onion, finely chopped (approx. 125 ml / ½ cup)
½ jalapeño, finely diced (approx. 15 ml / 1 tbsp)
5 ml (1 tsp) vinegar (your preference)
10 ml (2 tsp) hot sauce (your preference)
Juice of half a lime
Salt and ground pepper to taste
1 large avocado
30 ml (2 tbsp) vegetable oil
2 tuna steaks, approx. 180 g each
Montreal steak spice (or similar)

Preparation

1. In a bowl, mix the tomato, onion, jalapeño, vinegar, hot sauce and lime juice
2. Season to taste and set aside
3. Pit the avocado and remove the flesh, taking care not to damage it
4. Cut the avocado lengthwise into 1 cm-wide slices

Chef’s Tip

I prepared this recipe in the kitchen, but it’s just as delicious done on the barbecue!

Credit

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5. Heat the oil in a cast iron pan (if you don’t have one, any other pan will do) over medium heat, sear the avocado slices for about 1 minute on each side, and set aside on the dinner plates
6. Coat each tuna steak entirely with Montreal steak spice
7. In the same pan, grill the tuna steaks for about 2 to 3 minutes on each side
8. Arrange on the plates atop the seared avocado slices
9. Spoon a generous amount of homemade salsa onto the tuna steaks
10. Serve immediately