



Herb Crusted Yellow Fin Tuna
with Fennel Salad



gourmet organic herbs



Herb Crusted Yellow Fin Tuna with Fennel Salad

serves 6



- | | |
|-----------------------------|---------------------|
| 1 kg yellow fin tuna (loin) | <i>Fennel Salad</i> |
| 1 bunch parsley chopped | 1 bulb of fennel, |
| 1 bunch basil chopped | sliced very thinly |
| 1 bunch vietnamese mint | 50ml extra virgin |
| 1 tsp GOH Fennel Seeds | olive oil |
| 1 tsp GOH Ground | lemon juice |
| Coriander | 1 tsp GOH Fennel |
| 1 tsp sumac | Seed |



New Gift Hampers now available. Check our website for more details.

New Releases instore now, adding to our already wonderful selection of organic herbs & spices. Look instore for our Stands.

**GOH - Gourmet Organic Herbs*

Trim the tuna into barrel shapes. Sprinkle with salt, pepper & spices and roll the tuna in the green herbs (try to get as much as you can on the tuna). Roll the tuna in 3-4 layers of glad wrap, and holding each end of the glad wrap roll the tuna along on your kitchen bench so that the plastic tightens around the tuna (should now resemble a bon-bon). Bring a large pot of water to boil, prick the tuna with a toothpick to ensure it does not float, and place the tuna in the pot turning off the heat at the same time. Let this sit for 8 minutes, then remove the tuna and place in the fridge to cool.

Combine all elements of the Fennel Salad. Place some salad on a serving plate and then the sliced Tuna on top.



gourmet organic herbs

www.gourmet-organics.com.au
enquiries@gourmet-organics.com.au