

# Tuna Steak with Mediterranean Butter

dinner > Tuna Steak with Mediterranean Butter



Serves **2**, Prep. time: **25 min.**  
Cook time: **6 minutes**

## Shopping LIST:

**2** Tuna Steaks (at room temperature), Olive oil for brushing, Salt and pepper for seasoning. Mixed salad leaves to serve.

### • For the Mediterranean Butter:

**1** garlic clove (crashed using a garlic press), **70g** butter, **1 tbsp** chopped fresh dill, **2-3** black olives (very finely chopped), **1** anchovy fillet in oil & **1** sun-dried tomato in oil (drained and finely chopped), finely grated rind of  $\frac{1}{2}$  lemon, Salt and pepper to taste.

## Method:

Begin with the *Mediterranean Butter*. Prepare it in advance, at least **3 hours** before cooking.

- In a bowl, beat together the butter, dill, olives, anchovy, sun-dried tomato, lemon rind, and crushed garlic using a garlic press until all the ingredients are well mixed. Season to taste with salt and pepper.
- Scrape the butter mixture onto a piece of greaseproof paper and roll it into a short log (about 2-3cm thick). Twist the ends of the paper to create a compact shape. Place it in the fridge and let it chill for at least 3 hours.
- Heat a large griddle pan over high heat. Brush the tuna with oil and season with salt and pepper on both sides. Place the tuna steaks in the pan and griddle for 2-3 minutes. Brush the tuna with a little more oil, turn the steak over, and continue cooking for another 2-3 minutes.
- Transfer the tuna steaks to plates and top each with a slice of the chilled butter. Serve immediately, accompanied by mixed salad leaves.

*"bon appétit"*



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