

**healthy body**



**healthy mind**

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## Tuna Steak with King Prawns in a Sweet Chilli & Butter Sauce Sugar Snaps and Salad

2 Tuna steaks  
8 King prawns (Frozen)  
Sweet chilli sauce  
Small knob of butter  
1 clove garlic  
Lemon wedge  
Sugar snaps  
Salad

### Method

To begin place the prawns in a bowl of water to defrost and the mange tout in a steamer. Season the tuna steaks with salt and pepper and sear in a hot pan with a drizzle of olive oil, depending on how you like your steak done will determine how long you cook it for. Usually a thick steak will be 2-3 minutes each side. Keeping an eye on the steak push to one side and add the butter and finely chopped garlic along with the prawns. When the tuna is cooked to your preference it can be placed on a big bed of salad and the lemon squeezed over it. The prawns should be sizzling away nicely so now glaze them by pouring over some sweet chilli sauce. Move the prawns around until fully coated and the sauce has reduced slightly, now place the prawns on the tuna and tip over the remaining sauce before serving with the mange tout.