

## Pan Fried Tuna



### Ingredients

Juice and Rind of	1 Lemon/Lime
1 Cup	Beer or White Wine (for marinade)
2-3 Sprigs	Curry Leaves
1 Sprig	Fresh Coriander leaves for garnishing.
1 Tsp	Garlic & Ginger paste, or fresh Garlic & Ginger
2	Green Chillies
1 Tblsp each of	Oyster & Soya Sauce, Chinese cooking White wine
	Pepper to taste
2 Tblsp	Oil
½ to ¾ Kg/1 ½ Lb	Tuna slice

### Preparation

Put the Tuna slice in a flat dish. Slice the Curry Leaves and Green Chillies into small pieces. Add all the other ingredients to the Tuna and allow to sit for 15-30 minutes. Then put the cooking oil into a fry pan and when hot, take the Tuna slice out of the marinade and put into the pan. Fry for just a few minutes, approximately 5 minutes, take off heat and serve onto a flat plate.

In a separate pan simmer the marinade and when well reduced, pour over the Tuna.

Serve with some “greens”, if preferred.

Enjoy.