

Tuna rice bowl

Ingredients

1 piece of tuna

$\frac{1}{2}$ carrot

$\frac{1}{4}$ cucumber

$\frac{1}{4}$ cup peas

Coriander

1 tsp of garlic

1 tbsp of spreadable butter

Method

1. Cook the rice and sieve when ready.
2. Peel the carrot and shred with a peeler.
3. Shred the cucumber.
4. Chop up the coriander finely.
5. In a ramekin add butter and garlic and mix well.
6. Fry the Tuna steak add salt and pepper, turn it over a few times until it begins to turn brown/golden.
7. Once cooked add the garlic butter on top and turn the hob off.
8. Serve with the rice on the bottom tuna steak on top and carrot, cucumber and coriander to the side.