

Tuna Steak Superfood Salad

Serves 2

- 1 Fresh Tuna Steak
- 3 mixed colour carrots, colour optional – purple, yellow, orange
- ¼ tsp ground turmeric
- ½ teaspoon of coconut oil
- 6 asparagus spears
- 1 packet of mixed Quinoa and Lentils
- 1 small teaspoon honey
- 1 Grapefruit
- 1 tbsp chia seeds
- 2 spring onions, thinly sliced
- ½ broccoli, cut into small florets
- ½ baby gem lettuce, chopped
- 1 Handful of coriander to season



For the Dressing: Dash of soy sauce, lime juice, 1 teaspoon honey, 1 teaspoon paprika, sprinkle of chilli flakes, small handful of roughly chopped coriander

Method:

1. Pre-heat oven to 180°C. Soak the chia seeds in ½ the grapefruit juice. Chop the other half into segments and keep in the fridge.
2. Tip – Part cook the carrots and asparagus in the microwave to save time for 2 minutes
3. Cut the carrots length ways into fingers and spread onto a baking tray. Mix the honey and turmeric in a dish and drizzle over the carrots and put into the oven for 20 minutes.
4. After 15 minutes add the asparagus to the baking tray and roast for the last 5 minutes.
5. Cook the lentils according to packet instructions – this should take about 20 minutes. When they finish cooking and have absorbed all the water, add the soaked chia seeds and grapefruit juice and continue cooking until the rest of the grapefruit juice is

- absorbed - this should take around 3-4 minutes. Remove from the heat. Spoon into a large bowl and set aside to cool.
6. Heat a griddle pan or frying pan on a medium heat and add ½ teaspoon oil. Flash fry (or steam the Tuna steak if you prefer) until cooked to your desired taste. Set aside and toast 2 tablespoons of pumpkin seeds for 2 minutes.
 7. Chop the broccoli into small florets and steam/microwave for 3 minutes or until al dente.
 8. To make the dressing: add the soy sauce, honey, chili flakes, squeeze of lime, coriander and paprika to a cup and mix well.
 9. Add the broccoli, chopped spring onions, lettuce and chopped grapefruit to the lentil mixture. Spread over the carrots and asparagus, separate the tuna, and drizzle over the dressing.
 10. Sprinkle over the pumpkin seeds and garnish with any left over coriander!
 8. Enjoy!!