

Tuna steak with mango salsa

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Looking for easy seafood recipes? This tuna steak and mango salsa can be whipped up in less than 15 minutes.

Ingredients (serves 1)

- 200g Tuna steak
- 1 tsp of olive oil

Mango Salsa:

- 1 [mango](#) diced into 1cm cubes
- 1 bunch of fresh coriander
- 1 teaspoon sambal olek (chili sauce)
- 2 tbsp chopped red onion
- Juice of ½ lime

METHOD

Heat oil in a pan or over a barbecue plate. Cook one side until brown then turn over – cook for about five minutes on each side.

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Chop coriander roughly, add sambal olek, red onion, mango and lime juice. Add all ingredients together and serve with tuna steak.

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