

Recipe of the Week

Barbecued Tuna with Honey Glaze

3 Tbsp Olive Oil
3 Tbsp Lime Juice
1 1/2 Tbsp Balsamic Vinegar
2 Cloves Garlic, crushed
1 Tbsp Fresh Ginger, grated
Small Bunch Fresh Coriander,
chopped
4 Tuna Steaks
Oil for brushing BBQ plate

Honey Glaze:

3 Tbsp Honey
2 Tbsp Olive Oil
2 Tbsp Fresh Coriander, chopped

In a medium bowl, mix together olive oil, lime juice, balsamic vinegar, garlic, ginger & coriander, reserving 2 tsp coriander for the honey glaze. Add tuna fillets and turn to coat evenly. Cover and let marinate for several hours in the fridge.

Preheat BBQ to medium high heat. In a small bowl, mix together honey, olive oil and coriander. Set aside. Place tuna fillets on a lightly oiled BBQ. Cook for 1-2 minutes. Flip fillets over and cook for another couple of minutes. Baste during cooking with honey glaze. When fish is almost cooked through, brush with honey glaze over both sides of fish and remove from heat.

**Ingham Road
SEAFOOD**

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