

WEEK



RECIPE OF THE WEEK

By **David Gillick**
Nutrition Support

DAVID'S RECIPE OF THE WEEK

SESAME TUNA STIR-FRY (DINNER)

INGREDIENTS (SERVES 2)

200g wholegrain noodles

2 tbsp. sesame seeds

2 x 150g tuna steaks

2 tbsp. of sesame oil

½ thumb sized piece of ginger, peeled and finely chopped

2 handfuls of broccoli florets, chopped finely

200g frozen peas

1 red pepper, thinly sliced

1 tbsp. reduced-salt soy sauce

1 handful of roughly chopped coriander

METHOD

1. Cook noodles as per packet instructions and set aside.
2. Add 1 tbsp. of the sesame oil into a frying pan and place over high heat. Cook tuna for 2 minutes each side (for medium), or until cooked to your liking. Remove from pan and set aside.
3. Place a wok over a high heat and heat the remaining oil. Add in the ginger, broccoli florets and 2 tbsp. water to pan and stir-fry for 2 minutes.
4. Add the peas and red pepper. Stir-fry for a further 2 minutes until tender.
5. Add noodles, sesame seeds and soy sauce to pan and toss together until well combined.
6. To serve, slice tuna thickly and place on top of the noodles and vegetables and top with the coriander.