



Tuna steak and onion



Categoria
Peixe



Tempo de preparação
Select



Dificuldade
Médio



Custo
Intermediate



Com quem?
With family



Nº de pessoas
4 pessoas

Ingredientes

600ml Gallo Special Selection

To taste: Gallo White Wine

- 125g fresh tuna steak
- White and red onion to taste
- 100g garlic cloves
- 50g fresh tomatoes
- Green and red bell peppers to taste
- Fresh basil to taste
- Ground pepper to taste
- Coarse salt to taste

Modo de preparação

1

Start by seasoning the tuna steak with ground pepper and coarse salt.

2

Cut the onions in slices, the bell peppers in thin strips and crush the garlic cloves.

3

Heat the olive oil, add the garlic cloves and, when fried, add the bell peppers and the onions and let them stew.

4

Remove the onions mixture and, with the same olive oil, fry the tuna steak, finishing with a few drops of white vinegar.

5

Sauté the tomato, previously diced.

6

Place the onions mixture in the preparation pan and then place the tomato over the tuna.

7

Serve it hot, decorating with basic, with a drizzle of olive oil and a sprinkle of ground pepper.

Produtos utilizados



Special Selection
Extra Virgin Premium Olive Oil



White Wine
Daily Vinegar



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