

PINK TUNA FISH


Ingredients

600g fillet of tuna fish
100g aromatic herbs
extravirgin olive oil
salt

Equipment

non-stick ERREGrill grill for meat or fish
chopping board
knife

Preparation

Place the ERREGrill grill in the oven, turn on in convection mode  and set a temperature of 200°C to heat the grill well.

Cut the tuna fish into pieces, pour the oil over them and dip into the chopped herbs.

Place the tuna pieces on the hot grill and cook for just under 10 minutes, turning once to get the typical striped effect on both sides.

Cut the tuna pieces into slices, sprinkle with salt and oil and decorate with a small bunch of aromatic herbs.

This method makes the tuna fish more compact and evenly cooked.

