

# beetroot & lemon thyme cured tuna

RECIPES FROM THE TC KITCHEN



## ingredients

- 400gm piece of southern bluefin tuna (choose a piece with less fat if possible)
- 4 tbsp coconut sugar
- 3 tbsp coarse salt
- Fresh lemon thyme
- 1 whole fresh beetroot
- Zest of 1 lemon
- Fresh cracked pepper

## directions

- Wash & pick lemon thyme leaves from stems and put in a large bowl
- Add coconut sugar, salt, lemon zest and pepper, and mix well
- Peel and roughly chop beetroot, then blend into a thick puree and add to mix - stir well
- In a baking dish, make a 'bed' of the cure mix and place tuna on top
- Gently mould cure mix around tuna until it is covered
- Carefully place cling wrap over tuna and mould it to remove most of the air - refrigerate for 24 hrs
- Remove tuna from fridge - you should see a large quantity of liquid in the dish (this is good!)
- Remove as much of the cure mix as possible
- Gently wash tuna under fresh cold running water
- Dry the tuna and thinly slice it against the grain
- Enjoy it with a crispy salad, or on fresh sliced baguette or crackers - just add a zesty chilli mayo and a sprinkle of coriander! Yum!

Wrapped tightly in cling wrap, your cured tuna will keep for a couple of days in the fridge...

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