



GRAHAM BECK
MÉTHODE CAP CLASSIQUE



GRILLED TUNA WITH GREEN GODDESS DRESSING & ASPARAGUS

SERVES:

4 People

FOR THE GREEN GODDESS SAUCE:

1 avocado, peeled and chopped
2,5 ml (½ tsp) crushed garlic
7,5 ml (½ tbsp) chopped green chilli
5 ml (1 tsp) crushed ginger
Large handful of coriander, washed
125 ml (½ cup) buttermilk
Juice of ½ lime
Salt and pepper, to taste

FOR THE TUNA:

30 ml (2 tbsp) oil
Salt and pepper
600 g fresh tuna, sliced into 5cm cubes
12 asparagus spears, blanched
1 medium cucumber, cut into ribbons
using a vegetable peeler



METHOD:

For the green goddess sauce, place all the ingredients in the bowl of a blender and process until smooth. Season to taste. For the tuna, heat oil in a pan over high heat until smoking. Season tuna well with salt and sear on each side for 1 minute.

Serve the seared tuna with the green sauce, cucumber ribbons and asparagus tips.

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Drink responsibly. Not for sale to persons under the age of 18