



Natural Life
Choices,™ Inc.

TUNA INTO TOMATO CURRY SOUSE SERVE WITH PASTA



INGREDIENTS:

- » 1lb fresh tuna steak
- » 1lb fresh tomato skinned or from can
- » 1 large bulb of fennel
- » 1 cup of water or white wine
- » 1 large scallion
- » 1 large of clove of garlic
- » 1 teaspoon curry
- » 1 teaspoon of sweet paprika
- » 2 tablespoons of olive oil
- » Half bunch of cilantro
- » Salt and fresh ground black pepper



PREPARATION:

Blanch tomatoes, peel and cut into small pieces and remove the seeds. Cut the fennel and chop onion and garlic. Heat olive oil in the pan and add onion, garlic, curry and sweet paprika. Sauté everything for about 1 minute and then add tomatoes, fennel and cup of water or white wine. Sauté for additional 10 minutes on the low heat. Sprinkle tuna steak with salt and black pepper and add into cooking vegetables. Cook for additional 7-8 minutes if you like medium rare. If you like well-done, you should cook for 10 minutes. You can serve with the pasta and sprinkle with chopped cilantro.

Bon Appetite!

"I have the strength for everything through him who empowers me." (Philippians 4:13)