



PORTUGUESE-STYLE FRESH TUNA STEAKS, PORT CARMELISED ONIONS & BARBECUED SPICY RICE

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Portuguese-Style Fresh Tuna Steaks, Port Caramelised Onions & Barbequed Spicy Rice

Serves: 8

WHAT YOU NEED: TUNA

3 **bay leaves** (fresh if possible) 1 tsp **sea salt flakes** 2 tbsp **olive oil** 4 **fresh tuna steaks**, about 150g each
2 cloves **garlic** 2 tbsp **red wine vinegar** **fresh ground black pepper**

WHAT YOU NEED: ONIONS

3 large **onions** 1 tbsp **olive oil**
50g **butter** 4 tbsp **port**

WHAT YOU NEED: RICE

350g **basmati rice**, soaked in cold water for an hour 1 tsp **dried chili flakes**
2 tbsp **olive oil** a small bunch **coriander**, chopped, plus a little extra to garnish
2 cloves **garlic**, crushed

WHAT TO DO: IN THE KITCHEN

1. Slice the onions thinly, place into a bowl and put aside.
2. Remove the central rib from the bayleaves, then finely chop and add to a small dish. Slice the garlic, crush to a paste with a little sea salt then add to the bay. Mix through the vinegar, olive oil and a good grind of black pepper.
3. Place the tuna steaks into a bowl, pour over the marinade, turning each one to coat thoroughly. Loosely cover with cling film, and marinate for 30-40 minutes.
4. Drain the rice and boil a kettle of water in preparation.

WHAT TO DO: AT THE BARBEQUE

1. Add the butter and oil to a large heatproof frying pan, and set over a medium low heat directly on the grill bars. Once the butter has melted, add the sliced onions and close the barbecue lid. Allow them to caramelise gently for 40 minutes or so, stirring every now and then to make sure they are cooking evenly.
2. To cook the rice, turn one burner to high and leave to pre heat for 5 mins (or use the Sizzle Zone). Put the heatproof saucepan onto the hot grill bars, add the oil and drained rice and stir well to coat. Add the garlic, chilli flakes and a little salt and pepper, and stir though.
3. Pour over the boiled water to 1cm above the rice level. Bring back to boil, put the lid on tight and boil for one minute before turning off the heat and leaving to steam over indirect heat. Providing you don't take the lid off, the rice will take around 12 minutes to steam to perfection - but leaving it a few minutes longer will be just fine too.
4. Fire up one of the unused burners to high to preheat ready for cooking the tuna steaks.
5. Once the onions are soft and lightly caramelized, add the port and season well with salt and pepper. Turn up the heat a little, allowing the liquid to bubble away for another 10 minutes or so and then reduce the heat to minimum to keep warm whilst you cook the tuna.
6. Lay the steaks over really hot grill bars, and allow to cook for 2-3 minutes before turning over and cooking for another 2-3 minutes.
7. Add the coriander to the cooked rice, lightly forking it through the grains.
8. To serve, spoon the rice onto warmed plates and top with the cooked tuna steaks. Finish with a generous dollop of the onion mix on top and serve immediately.