



TUNA TUNA

Bahan-bahan:

200g ikan tuna, dihiris
1 avocado masak, dihiris
2 keping halia muda, dipotong halus
2 cili merah, dipotong halus
3 tangkai daun ketumbar, dicincang halus
Bijian hitam, dibakar
Roti bakar

Bahan-bahan Sos:

4 sudu besar jus limau nipis
2 sudu besar minyak bijan
3 sudu besar kicap
100ml **M&S Santan Kelapa Lemak Dikurangkan**
(digaulkan)

Hidangan: 4

Cara Penyediaan:

1. Sebelum dihidangkan, gaul tuna dengan sos dan campurkan bahan-bahan lain.
2. Taburkan sedikit bijan hitam ke atas tuna dan hidangkan dengan roti bakar.

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Ingredients:

200g tuna, sliced
1 ripe avocado, sliced
2 slices young ginger, chopped finely
2 red chillies, chopped finely
3 stalk coriander, chopped finely
Some black sesame seeds, toasted
Toasted bread

Ingredients for Sauce:

4 tbsp fresh lime juice
2 tbsp sesame oil
3 tbsp soy sauce
100ml **M&S Reduced Fat Coconut Milk**
(mixed together)

Serves: 4

Method:

1. Just before serving, mix in tuna with sauce and mix in the rest of the ingredients.
2. Sprinkle black sesame seeds over tuna and serve on sliced toasted bread.