

Roast Tomato and Spring Onion Risotto with Seared Tuna

(serves 4)

Ingredients

4 x 150g Fresh Tuna Steaks
500g Arborio Risotto Rice
1 Medium Onion (peeled and finely chopped)
1 Medium Glass of White Wine
1 litre Vegetable Stock
20 English cherry vine tomatoes (washed and halved)
300ml Farringtons Mellow Yellow Rapeseed Oil
4 Spring Onions (cut into thin rings)
Sea Salt
Ground White Pepper
1 Lime (juiced)



To roast the tomatoes

Place the halved cherry vine tomatoes on a small roasting tray and season with sea salt and white pepper. Drizzle a third of the rapeseed oil over the tomatoes ensuring all the tomatoes have a good covering of the oil. Place the tomatoes in a pre heated oven at 180c-200c for 8 – 10 minutes until they become soft. Remove the tomatoes from the oven and place in a bowl with all the juices.

To cook the risotto

Heat a medium sized thick bottomed saucepan to medium heat and add half of the remaining rapeseed oil and the finely chopped onion.

Stir the onions for 3 – 5 minutes, cooking gently without any colour.

Add the Arborio risotto rice to the onions and continue cooking for a further 3 minutes, stirring occasionally.

Add the glass of white wine and continue stirring until the wine has almost evaporated.

Add a cup of hot vegetable stock every 5 minutes stirring continuously until all the stock is finished and the rice has become tender and the consistency of a thick soup (Approx 15 minutes)

When the risotto is cooked add the roasted cherry vine tomatoes with their juices and the sliced spring onions. Stir in gently ensuring not to break up the tomatoes too much.

Check the seasoning is correct.

To cook the tuna

Heat a non stick frying pan to a high heat and add the remaining rapeseed oil, season the tuna steaks with sea salt and pepper and pan fry on either side until golden brown for 2 – 3 minutes, finish with adding the lime juice

To serve:

Place a couple of heaped spoonfuls of finished risotto into a serving bowl and place a piece of seared tuna steak on top. Drizzle with Farringtons Mellow Yellow rapeseed oil and serve.

A crisp green salad with lime or Caesar dressing would make a great accompaniment to serve with this summer dish.