

## **CALORIE CONTROL RECIPES**

### **MAINS**

#### **Seared Tuna – serves 4**

2 mangoes, ripe

6 Tblsp chopped fresh herbs, preferably a Mediterranean mix of herbs such as basil, thyme, parsley, etc, or 1 Tbsp dried Italian herbs

4 Tuna steaks

Peel and dice mangoes, and put in a small bowl. Add chopped herbs and a pinch of salt and mix well. Chill for 30 minutes. Lightly press coarsely chopped black pepper into each tuna steak and sprinkle with salt. Place fish, pepper side down, in a large non-stick pan and cook on both sides over medium to high heat until fish is seared on the outside but still pink in the centre. Cut the tuna into small slices. Place mango relish in the centre of each plate and arrange tuna slices around the relish. Garnish with fresh basil leaves and serve.