



**CHLOË BOWLER**  
complete wellbeing

## TUNA STEAK WITH ROASTED VEGETABLES



### Ingredients (Serves 2)

- 2 Tuna Steaks
- 1 clove of garlic
- 2cm cube of root ginger
- 1 Red Chilli
- 1 Lemon
- 1 Red Pepper
- 50g Green Beans
- 1 Red Onion
- 4 Cherry Tomatoes
- 1 Courgette
- 2 Spring Onions

### Method

1. Make a parcel of tin foil, and place the tuna, chopped ginger, garlic, and chilli inside. Season and pour over the juice of half a lemon.
2. Place the foil on a baking tray. Next to the foil parcel, place the chopped up vegetables and sprinkle with olive oil. Place in the oven at 180°C for 10-15 minutes.
3. Check the steak, and then unwrap the parcel and finish off under a hot grill.
4. Serve with chopped spring onion and cherry tomatoes.

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