

Tuna steak with fresh tomato spaghetti and rocket

Mums: Main Meals

Preparation Time: Cooking Time: 10-15 Minutes Serves: 2 adult portions

What you need

- 2 x 150g / 6oz fresh tuna fillets
- 200g / 8oz good quality dried spaghetti
- 6 fresh tomatoes, roughly chopped
- 1 bunch rocket
- 4 tbsp olive oil
- Juice of ½ lemon
- Sea salt and freshly ground pepper

What to do

- Brush the tuna fillets with a little of the olive oil and slightly season, then place on a griddle or frying pan and cook for 3 – 4 minutes each side until just cooked through.
- At the same time, bring a large pan of salted water to the boil, and add the spaghetti.
- Cook until al dente then drain.
- Combine with tomatoes, rocket, olive oil and lemon juice, season, and divide between two shallow bowls, with the tuna fillets alongside.