

GALLO FAMILY VINEYARDS CABERNET SAUVIGNON WITH SEARED CORIANDER TUNA



Prep time 20 minutes
Cook time 4 - 6 minutes
Serves 4

In a bowl, combine 1 clove finely chopped garlic, 1 tsp crushed coriander seeds, zest and juice of 1 lemon and 1 tbsp olive oil.

Pour over 4 tuna steaks and leave to marinate for 15 minutes. To make the salad dressing, whisk together 4 tbsp olive oil and the juice and zest of 1 lemon.

Heat a frying pan or griddle and cook the tuna steaks for 2 minutes on each side depending on the thickness and how rare you like your tuna.

To make the salad, combine 6 quartered plum tomatoes, 1 finely sliced red onion, one 400g can cooked chickpeas and 2 sliced green peppers. Pour over the dressing, season and scatter over 4 tbsp fresh mint. Serve with the tuna and toasted pitta bread.

Tuna is a meaty fish, so pairing with red wine is ideal; Gallo Family Vineyards Cabernet Sauvignon is a great choice as the green peppers and mint really enhance its earthy character. Serve the wine chilled for an even better match.

For more information visit www.gallofamily.co.uk


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