



## Asian Infused Tuna

### Ingredients

400g best quality tuna  
1 avocado  
Juice of 4 to 5 limes  
1 to 2 fresh chillies  
3 tablespoons of sesame oil  
4 tablespoons of coconut milk  
½ bunch of fresh coriander, finely chipped  
2 heads of endive  
2 tablespoons of sesame seeds

### Method

Finely dice the tuna and place in a bowl. Add the rest of the ingredients except for the endive and stir, add the soy sauce in bits - use this as your salt if you like.

Pull the leaves apart from the endive spoon the tuna mixture inside and serve immediately.

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Serves four to six

Hear Chef Michael on 2NURFM Wednesday mornings at 11.20 for the latest tips on food.

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