



tuna with chermoula

Ingredients for 4 persons:

4 fresh tuna slices
 16 new potatoes
 4 carrots
 1 lemon juice + its zest
 Salt, pepper
 1 garlic clove
 Espelette pepper PDO
 2 tsp paprika
 3 tbsp PDO huile d'olive de Nîmes

For chermoula:

1 parsley bunch
 1 coriander bunch
 3 garlic cloves
 1/2 tsp cumin
 1/2 tsp paprika
 Salt, freshly ground pepper
 3 to 4 tbsp PDO huile d'olive de Nîmes
 1 lemon juice
 1/2 tsp Espelette pepper



Preparation: 15 to 20 mins
 Cooking: 35 mins

Preheat the oven to 180°C.

Wash the potatoes. Wash and peel the carrots, then cut them in large strips.

In a salad bowl, put the potatoes and the carrot strips, 1.5 tablespoons olive oil, half the lemon juice and the zest, a pinch of Espelette pepper and ½ teaspoon paprika, salt and pepper. Put them in a baking tray with the garlic clove. Bake at 180°C for 30 minutes.

Make the chermoula. Rinse the herbs (parsley and coriander) and strip the leaves, keeping the soft part of the stems. Remove the germs from the garlic cloves.

Finely chop the fresh herbs as well as the garlic cloves.

Season with salt and pepper, add the rest of the spices (cumin, paprika and Espelette pepper), mix well. Pour in the lemon juice along with olive oil.

Prepare the fish. Mix the rest of the lemon juice with 1.5 tablespoons olive oil, salt, pepper, ½ teaspoon paprika and a pinch of Espelette pepper. Brush the tuna with this mixture and cook it in a hot pan (or on a plancha), 2 minutes on each side (the core must be pink).

Serve the tuna covered with chermoula, accompanied by the potatoes and carrots (on which you could also put chermoula).