



COOK WITH MINUTY

TUNA SANDWICH

INGREDIENTS

For the Marinade:

- 2 tbsp sesame oil
- 1 tbsp liquid honey
- 1 tbsp soy sauce
- 1 tbsp vinegar

For the Sando:

- 1/2 red tuna fillet
- 1/2 romaine lettuce
- 1 bunch cilantro
- 1 bunch chives
- 1/2 Greek yogurt
- 1 tsp Espelette pepper
- 30g trout roe
- Juice of one lime
- 1 loaf of bread
- 3 eggs
- 3 slices of jamón ibérico (or Patanegra)
- 20g butter

PREPARATION

1. Prepare the marinade in a dish by mixing the ingredients together.
2. Cut 2 nice slices from the tuna steak lengthwise. Then drizzle with the marinade.
3. Finely chop the lettuce, coriander, and chives. Place everything on a plate and add the yogurt, Espelette pepper, and trout roe. Mix everything together and add the lime juice.
4. Cut off the crusts from the four slices of bread.
5. Lightly fry the tuna steaks on both sides in a frying pan, then return them to the marinade.
6. Spread the herb mixture on one of the slices of bread, then top with a slice of tuna.
7. Boil some water, add the eggs once the water is boiling, and cook for 5 to 6 minutes. Once the time is up, cool them in a large bowl of water.
8. Peel the eggs and chop them coarsely. Add a teaspoon of the marinade. Then spread the mixture over the tuna.
9. Add some slices of jamón ibérico over the egg, then sprinkle more of the herb mixture and top it with the other slice of bread, buttered side up.
10. Toast the sandwich in a frying pan on each side until golden brown.