



CHLOË BOWLER
complete wellbeing

SIMPLE TUNA



Ingredients

- 1 tuna steak
- 1 red onion
- 2 spring onions
- 1 red chilli
- 2 cloves of Garlic
- 1 lime
- Bunch of Tenderstem broccoli

Instructions

1. Sear the tuna over a high heat.
2. Lower the heat, and soften the chopped onion and garlic, adding the chopped chilli.
3. In a separate pan add the tenderstem broccoli to boiling water and cook for 2-3 minutes.
4. Simply cook the tuna until cooked as desired, then serve all together with a big squeeze of lime.

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