

rosemary tuna kebabs

summer



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Rosemary tuna kebabs

Serves 4

3 tomatoes
1 tablespoon olive oil
2-3 small red chillies, deseeded
and chopped
3-4 garlic cloves, crushed
1 red onion, finely chopped

60 ml (1/4 cup) white wine or water
400 g (14 oz) tin chickpeas
3 tablespoons chopped oregano
4 tablespoons chopped parsley
lemon wedges, for serving

Tuna kebabs

1 kg (2 lb 4 oz) piece of tuna, cut into
4 cm (1 1/2 inch) cubes
8 stems of rosemary, about 20 cm (8 inches) long,
(with the leaves from the stem thinned out a little)
cooking oil spray

Fish substitution

swordfish, marlin, salmon

Cut the tomatoes into halves or quarters and use a teaspoon to scrape out the seeds. Roughly chop the flesh.

Heat the oil in a large non-stick frying pan. Add the chilli, garlic and red onion and stir over medium heat for 5 minutes, or until softened. Add the chopped tomato and the white wine or water. Cook over low heat for 10 minutes, or until the mixture is soft and pulpy and most of the liquid has evaporated. Stir in the rinsed chickpeas with the oregano and parsley. Season to taste with salt and freshly ground black pepper.

Heat a griller or barbecue flatplate. Thread the tuna onto the rosemary stems, lightly spray with oil, then cook, turning, for 3 minutes, or until lightly browned on the outside but still a little pink in the centre. Serve with the chickpeas and some lemon wedges.

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