

Hot Tuna Chargrill

Mexican Spice Blend Chilli Sauce

Serves 1

Preparation 3 minutes

Cooking time 6 minutes

Ingredients:

1 tuna steak (portion size)

½ teaspoon Mexican Spice Blend

2 tablespoons Chili Sauce

Method:

1. Mix **Mexican Spice Blend** and **Chili Sauce** to form a paste.
2. Rub onto both sides of tuna
3. Cook on a chargrill or grill plate for 3 minutes each side or until cooked to your liking.
4. Serve with portion size of vegetables of your choice.

* Adjust weight to your portion size



...Cook's Tips

Extra servings:

To increase servings to include the rest of the family simply times ingredients by how many servings are required. (eg. 4 x Tuna Steaks with 2 x teaspoons of Mexican Spice Blend. etc for four people)

For those not on the Quick Loss program

Serve with boiled white rice or mashed potatoes.