

Seared tuna with cucumber and avocado salsa

Modern cucumbers have had their natural bitterness bred out of them, so benefit from generous seasoning. Serves four, as a first course.

Grated zest of 2 lemons

1½ tbsp coriander seeds, crushed

1½ tbsp cumin seeds, crushed

2 tbsp black sesame seeds (or white, if that's all you can get, or a mixture)

30g panko breadcrumbs

½ tsp dried chilli flakes

Salt

500g yellowfin, line-caught tuna loin, cut into 5cm x 5cm x 10cm 'logs'

About 60ml olive oil

For the salsa

10 spring onions, trimmed

2-3 Lebanese cucumbers (or 1 regular cucumber), quartered lengthways, core removed and cut into 5mm dice

1 small avocado, peeled, stoned and cut into 5mm dice

2 lemons, peeled, white pith and pips removed, flesh roughly chopped

¼ tsp sesame oil

1 green chilli, finely chopped

2 cloves garlic, peeled and crushed

2 tsp black sesame seeds (or white, or a mixture)

A few small coriander leaves, to serve

In a large, shallow bowl, mix the lemon zest, crushed coriander and cumin seeds, black sesame, breadcrumbs, chilli flakes and half a teaspoon of salt. Brush the tuna liberally with about two tablespoons of oil, then coat in the seed mix. Use your hands to press it firmly on to the fish, so the crust sticks.

Put a large saute pan on a high heat with a tablespoon of oil. When hot, add the tuna and sear for two minutes, turning a few times so it gets seared on all sides. Remove from the pan and set aside to cool.

Wipe clean the pan and add a teaspoon of oil. When hot, add the spring onions and cook for two to three minutes, stirring once or twice, so they char all over. Remove from the pan, set aside to cool, then chop into 1cm dice. Place in a bowl

with the cucumber, avocado, lemon flesh, sesame oil, green chilli, garlic, sesame seeds and a teaspoon of salt.

To serve, cut each tuna log widthways into 1cm-thick slices and arrange, slightly overlapping, on plates or a platter. Spoon a line of salsa on top, making sure some tuna remains visible, and sprinkle with coriander leaves. Serve with any leftover salsa in a bowl on the side.