

Main

## Grilled tuna with orange, olive and caper sauce

By [Marc Fosh](#)

Total time:  
15 mins  
Serves:  
4

### Ingredients

#### For the tuna

- 4 x 225 g tuna steaks

#### For the Sauce

- 2 large oranges, peeled and cut into segments
- 200 ml orange juice
- 1 medium onion, finely chopped
- Juice of one lemon
- 2 tablespoons olive oil
- 20 pitted green olives
- 20 capers
- A handful of parsley, finely chopped

### Method

Preparation:

0

Cooking:

0

Serves:

4

Difficulty:

[Missing text '/recipes/details/difficulty' for 'English (United States)'] 0

1. For the sauce, put the olive oil, onion, lemon juice, olives, capers and parsley into Braun's MQ 30 chopper accessory. Attach to a suitable hand blender and pulse until they are finely minced but not smooth.
2. Bring the orange juice to the boil and reduce to thicken, stirring occasionally with a wooden spoon. Add the reduced orange juice to the chopper accessory and blend for only a few seconds. Make sure you do not overwork the mixture. Season to taste.
3. Place a frying pan or griddle pan over medium-high heat and add 2 tablespoons of olive oil. Season the tuna generously with salt and pepper. Lay the tuna in the hot oil and sear for 1 minute on each side to form a slight crust.
4. Serve with the orange, olive and caper sauce and garnish with orange segments and salad leaves

This recipe was prepared using Braun's Multiquick Hand blender with its MQ 30 (500 ml) chopper accessory, like for example in our set: MQ 5035 WH Sauce.