

**INGREDIENTS:**

4 tuna steaks weighing around 180g

1 kilo ripe tomatoes

3 red peppers

100g mixed green and black olives

3 onions

4 garlic cloves

1 small bunch basil

150ml dry white wine

Olive oil, sea salt

Freshly-ground black pepper

**TIME:** 1.5 hours**SERVING:** 4 people

Quarter the tomatoes, finely slice the onions, peel and crush the garlic and chop the basil. Drop the olives in boiling water for a minute then drain and de-stone. In a large pan sweat the onions and peppers for five minutes then add the garlic and tomatoes and season well. Meanwhile rub the tuna steaks with olive oil, season well and quickly brown on both sides in a separate pan. Add the olives to the vegetables, stir in the white wine and carefully place the tuna steaks on top. Cover and simmer on a very low heat for 45 minutes, sprinkling in the basil five minutes before the end of cooking time.

*Enjoy! Malcolm & Julie Pyne*

**YOUR NOTES:**