

## Tuna steak with mango salsa

Search:

- [Salad](#)
- [Seafood](#)
- [Recipes](#)

## Tuna steak with mango salsa

```
(function(d, s, id) { var js, fjs = d.getElementsByTagName(s)[0]; if (d.getElementById(id)) return; js = d.createElement(s); js.id = id; js.src = "//connect.facebook.net/en_US/all.js#xfbml=1"; fjs.parentNode.insertBefore(js, fjs); }(document, 'script', 'facebook-jssdk'));
```

[Tweet](#) !function(d,s,id){var js,fjs=d.getElementsByTagName(s)[0];if(!d.getElementById(id)){js=d.createElement(s);js.id=id;js.src="https://platform.twitter.com/widgets.js";fjs.parentNode.insertBefore(js,fjs);}}(document,"script","twitter-wjs");



```
(function() { var po = document.createElement('script'); po.type = 'text/javascript'; po.async = true; po.src = 'https://apis.google.com/js/plusone.js'; var s = document.getElementsByTagName('script')[0]; s.parentNode.insertBefore(po, s); })();
```

[Add to favorites](#)

## Tuna steak with mango salsa

---



Rate this recipe

2 people are cooking this [Count me in](#)

Looking for easy seafood recipes? This tuna steak and mango salsa can be whipped up in less than 15 minutes.

### Ingredients (serves 1)

- 200g Tuna steak
- 1 tsp of olive oil

### Mango Salsa:

- 1 [mango](#) diced into 1cm cubes
- 1 bunch of fresh coriander
- 1 teaspoon sambal olek (chili sauce)
- 2 tbsp chopped red onion
- Juice of ½ lime

### METHOD

Heat oil in a pan or over a barbecue plate. Cook one side until brown then turn over - cook for about five minutes on each side.

## Tuna steak with mango salsa

---

Chop coriander roughly, add sambal olek, red onion, mango and lime juice. Add all ingredients together and serve with tuna steak.

**Browse more [seafood recipes](#) or connect with us on [Facebook!](#)**

```
function displayNutrition(msg) { $('#nutrition-label-container').text(msg); $('#nutrition-label-container').fadeOut(1000, function() { c_obj = $(this); window.setTimeout(function() { $(c_obj).fadeOut(1000); }, 5000); }); } function saveFavoriteNode(nid) { $.get('/favorite_nodes/add/' + nid, function(data) { //$('#result').html(data); alert('This recipe was added to your favorites list'); }); }
```