

## SALADY AMIN'NY LAMATRA SY MAIS (Tuna on vegetable salad)

👤 Rémis

📁 Madagassische Rezepte

Ingredients for four servings:

- two 125 g tuna steaks
- three carrots
- 140 g corn
- two large tomatoes
- 1/2 cucumber
- 100 g green beans
- White wine vinegar
- Oil
- A clove of garlic
- Ginger
- Salt, pepper, sugar
- Mustard
- Lemon



How to make it:

First, make the marinade for the tuna steaks: Chop about 1 cm of ginger and one clove of garlic very finely or get through a press. Add three tablespoons of oil, stir in a teaspoon each of salt and pepper. Rub the two tuna steaks with the marinade and let them marinate in the refrigerator for two or three hours. Then sear with a little oil in a pan for two minutes on each side. Leave to cool. Cut out the soft inside from the tomatoes and cucumber. Cut tomatoes and cucumber into small cubes. Peel carrots and put in boiling water with beans for 15 min. Cut both into small cubes as well. Make a vinaigrette with three tablespoons of white wine vinegar, a pinch of sugar, half a teaspoon of mustard, and a squeeze of lemon juice. Season generously with salt and pepper. Mix the vinaigrette with the vegetables in a large bowl. Original Malagasy, the tuna steaks are now plucked apart and mixed in small pieces with the vegetables. Bon appétit!