

Tuna Fish With Peppers And Tomatoes Or Thon Basquaise

Serves 4 :

Preparation and cooking time : 40 minutes

Ingredients :

- 600g slice tuna
- 1 onion chopped
- 1 clove garlic chopped
- 4 tomatoes peeled, de-seeded and chopped
- 4 green peppers de-seeded and chopped
- 1 aubergine finely diced
- 2 small chillies choppe
- 1 bayleaf
- 1 sprig thyme
- olive oil
- salt and pepper

Brown the tuna fish on both sides in olive oil, season with salt and pepper. Remove the fish, start to fry the onion and peppers. When they are soft, add all the other ingredients and stir them together. Pu the tuna back into this preparation and simmer for about 20 minutes.

This dish can be served with rice, lettuce.

Recommended wines with this dish :

- A white Chardonnay