Posted on 3 October 2012

by Peter Sequeira

Peter's Tantalising Tuna

Ingredients

2 cans of tuna (in vegtable oil)
2 large onions - sliced or chopped
2 medium tomatoes
4 green chilies
1 tsp red chili powder
1/2 tsp dhania (coriander) powder
1/2 tsp jeera (cumin) powder
1/2 tsp haldi (tumeric) powder
6 bay leaves (optional)
2 tbsp vegetable oil (or less if needed)

Preparation

1. In a flying pan, heat the oil from the tuna cans along with some vegetable oil (if needed) on medium heat.
2. Saute the onions for a few minutes or till it becomes slightly translucent.
3. Then add the chilies and the masala (spices) powders, and bay leaves (optional) and fry for a few minutes.
4. After that lower the flame a little and add the tomatoes. Mix it around.
5. Then add the tuna meat and allow it to cook for 5 to 10 minutes. Stir occassionally.
6. You can moisten the dish by adding a little water and mixing it gently - so as to not break the bigger tuna meat chunks.
7. Serve hot on warm toasted bread.