

# ROSLYN STREET CAFE

Oven Roasted Tomatoes and Tuna Steaks Serves 4

September 22, 2011

Simple Pantry items you will need are -- olive oil, salt, pepper, balsamic vinegar, dried thyme

**2 pounds of tuna steaks, or swordfish**

**2 - 9 ounce packages of cherry tomatoes ( like sun gold)**

*Quick list ladies and gentlemen.*

*Happy Cooking,*

*Allison*

## Oven Roasted Tomatoes and Tuna Steaks

Adapted from Forty-Sixth at Grace

serves 4

Ingredients:

### Tuna Steaks

2 lbs of tuna steaks

kosher salt

black pepper

olive oil for drizzling

### Roasted Tomatoes

2 - 9 ounce packages of cherry tomatoes (like Sun Gold)

1 1/2 tablespoons balsamic vinegar

1 1/2 tablespoons of olive oil

3/4 of a teaspoon of thyme

1 teaspoon of kosher salt

**Directions:** Pre-heat your oven to 375 degrees. Cut all of your cherry tomatoes in half and place in a bowl. In a bowl add the olive oil, vinegar, thyme and salt. Mix gently with your hands so all of the tomatoes are evenly coated. Place the tomatoes on a baking sheet and try to turn as many as you can so the skin is facing down and the seeds are up. Put the tomatoes in the oven for about 30 minutes. The tomatoes will be sizzling and blistering and will deflate when you remove them from the oven.

Five minutes before removing the tomatoes from the oven, set a large skillet on the stove over med high heat. On a plate liberally cover both sides of your tuna steaks with salt and pepper. Put 1 tablespoon of olive oil in your pan and swirl it around to coat the bottom. Add the tuna steaks. Cook for 1 1/2 - 2 minutes on each side. If you try to turn it too soon the fish will stick to the pan. Wait until a little bit of a golden brown crust has formed, turn them gently and continue cooking the other side. Remove the tuna from the pan, the tomatoes from the oven and serve hot!