

Tuna with veggie couscous

★ Easy 15 minutes 2 portions

Tips Try to use fresh tuna instead of frozen, believe me it makes a big difference

INGREDIENTS

- 240 grs of fresh tuna
- ½ cup of couscous
- 1 onion
- 1 orange pepper
- 1 pack of green beans
- Olive oil, salt and black pepper
- 1 teaspoon of coconut oil

PREPARATION

1. Fry the onion and the orange pepper in the olive oil
2. Once it's light brown put the couscous and fry for one minute, add ½ cup off hot water, turn the off, place a lid on the pan and let it rest for 5 minutes
3. Once it's ready add the green beans
4. Grill the tuna on a griled fry pan with the coconut oil
5. Place all together into the plate and serve

