

Tuna Confit with Creamy Fennel

A luxurious dish featuring tender tuna confit served with creamy fennel for a delightful flavor combination.


30 min

Total time

Intermediate

Difficulty

400

kcal / serving

Ingredients

- 1 tuna steak, 1 fennel bulb, 1/4 cup heavy cream, 1 tbsp olive oil, salt, pepper

Steps

- 1 Season the tuna steak with salt and pepper.
- 2 In a pan, heat olive oil over low heat and add the tuna steak, cooking until tender.
- 3 Slice the fennel bulb thinly and sauté in the same pan until soft.
- 4 Pour in the heavy cream and let it simmer until slightly thickened.
- 5 Serve the tuna confit on a bed of creamy fennel. Enjoy!