

## Tuna with orange

Preparation time: 40 min. · Level of difficulty: easy

### Quantity

Ingredients for 4 people.

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1 piece Tuna  
3 piece Oranges  
2 piece Lemons  
Thyme  
2 tbsp Fennel seeds  
Ground pepper  
Coarse sea salt flakes Es Trenc  
6 tbsp Extra virgin olive oil  
Butter  
Dried chilli, if desired

### Preparation

Rinse the fish, cut in half lengthwise if necessary and pat dry.

Preheat the oven to 200°, grill if possible. Preheat a large casserole dish.

Squeeze one orange and slice the other two.

Preheat a large frying pan over a high heat. Brush the inside of the fish with the lemon juice and fry very briefly in cooking oil (about 1 minute depending on the shape and thickness of the fish), then also fry the skin side briefly.

Place the fish in the baking dish. Mix the orange juice and oil and pour over the fish, sprinkle over the fennel seeds. Cover the fish with the orange slices, pick apart the thyme and sprinkle over the fish and oranges. Add the squeezed oranges to the dish. Then bake for about 8-10 minutes.

Remove the fish from the oven, put the butter flakes on top, cover with aluminium foil and leave to rest for 3-4 minutes. Place the orange slices in the dish, remove the centre bone if necessary and remove 4 serving portions of fish.

Place on the plate and season heavily with salt and pepper. Push the fish aside a little, press the orange slices with a fork, mix the juice and the roast stock, pour some of it over the fish pieces.

Serve with fresh bread and a green salad.

If using fish fillets, cut the orange slices a little finer and halve the cooking time in the oven.