

## Tuna meatloaf *(Seafood main dishes)*



### Preparation

Boil the potatoes for 5 minutes and then peel them. Cut into cubes and sauté in a pan with a little oil and onion for 10 minutes. While the potatoes are cooking, cut the raw tuna into small cubes and dress with a little olive oil, some salt and thyme. When the potatoes are ready, crush them and the chopped onion in a bowl with a pestle. Add the raw tuna, the rest of the thyme, a little chopped parsley, salt and pepper. When you have mixed everything well, transfer to a chopping board and mould everything with your hands into a loaf shape. Then sprinkle the meatloaf with the breadcrumbs so that it's well coated. Heat a little olive oil in a frying pan and brown the meatloaf on each side for 5 minutes. Serve with a reduction of balsamic vinegar.

### Tips

If you are a real gourmet connoisseur of fish and you can afford it, as opposed to Yellowfin tuna you could buy Bluefin tuna, the most prized variety for the quality of its meat, although it is now an endangered species.

### Trivia

Tuna - of which there are many different species - can be bought as bottarga (tuna eggs), or the 'mosciame' or 'ventresca', the most prized part of the fish.

### Information

**Preparation** 30 minutes

**Total Time** 20 minutes

**Serves X** Serves 4 persons

**Level of difficulty** Easy

la terra di Puglia



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### Ingredients

**Onions** 50 grams

**Potatoes** 400 grams

**Tuna** 250 grams (Fresh)

**Parsley**

**Thyme**

**Pepper**

**Salt**

**Extra virgin olive oil**

**Breadcrumbs**