



MasterChef
AUSTRALIA

Official MasterChef Recipe 

Blackened Tuna Steaks on Celeriac Mash with Broadbeans

Ingredients

Lime Wasabi Celeriac Mash

3 desire potatoes, peeled and cut into 3cm pieces
1 small garlic bulb
Cooking spray
1 large celeriac, peeled and cut into 4cm pieces
1 lime, juiced
3 tsp wasabi paste
50g butter, melted
¼ cup milk
Salt and pepper

Broad Beans

500g fresh broad beans, podded
3 tbs olive oil
1 lime, juiced
Spice mix
1 tbs dried thyme leaf
2 tspn ground mild paprika
2 tspn onion powder
2 tspn garlic powder
2 tspn salt
2 tspn cayenne paper
1 tbs white sugar
1 tspn dried oregano leaf
1 tspn ground cumin
½ tspn ground nutmeg
4 x 180g sashimi grade tuna steaks, 2cm thick
100g butter
Cooking spray

Lotus Root Chips

Vegetable oil for deep-frying
2 tbs sesame oil
1kg fresh lotus root, peeled and sliced into 5mm thick pieces
½ cup corn flour
2 teaspoons salt



Method officially tested

1. Preheat oven to 200°C.
2. **For the mash:** place potatoes and garlic into a roasting dish. Spray liberally with cooking spray and roast for 15 minutes or until potatoes are cooked and garlic is soft. Meanwhile, cook celeriac in boiling water until tender, drain and place into a food processor along with roasted potatoes. Squeeze roasted garlic from skin into the bowl and add remaining ingredients. Process mixture until smooth; season to taste with salt and pepper.
3. **For the broad beans:** bring a pan of water to the boil and add broad beans. Cook for 1-2 minutes; remove and place into a bowl of chilled water. When cool enough to handle, remove outer shell and place into a steamer over boiling water. Cook for a further 3 minutes. Meanwhile, whisk the olive oil and lime juice together and season with salt and pepper. Stir a little of the dressing over the warm broad beans and toss to coat lightly. Reserve remaining dressing for serving.
4. **For the tuna:** combine spice mix ingredients in a jar and shake to mix well. Melt butter in a non-stick pan over low heat; place steaks on a flat plate and coat both sides with melted butter. Sprinkle with spice mix to coat evenly. Heat an oiled char-grill or griddle pan over medium high heat. Cook 1-2 minutes each side or until cooked to medium rare and the outside is blackened and crispy.
5. **For the lotus root chips:** heat vegetable oil and sesame oil in a pan or wok over high heat. Combine flour and half the salt in a plastic bag and coat lotus roots evenly. Deep fry in batches for 1-2 minutes or until golden. Drain on absorbent paper and sprinkle with salt.
6. To serve, spoon mash onto the plate and top with tuna. Serve with broad beans dressed in extra dressing and garnish with lotus root chips.

