



**Complexity level:** Easy  
**Calories level:** Middle-calories level  
**Price estimation:** 5 - 10 \$

## Ingredients

6 c  
water  
1  
bay leaf  
6 T  
vinegar (white wine)  
2 T  
salt  
1/2 t  
black pepper (ground)  
1 lb  
tuna (lower abdomen or belly - full piece)  
6 clv  
garlic  
1 bn  
parsley (fresh)  
1 c  
olive oil (extra virgin)

## Instructions

1. Pour 6 cups of water with 1 bay leaf, vinegar, salt and black pepper in a large pot bring it to a boil.
2. When boiling, add the tuna piece and simmer over low heat during 6-8 minutes, depending on tuna's size.
3. Remove the tuna and rinse with cold water.
4. Cut the tuna in strips and place them in a large plate. If the tuna cut is good and fatty you should be able to separate the strips or tuna layers by hand.

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5. Peel and chop 6 cloves of garlic.
  6. Wash and chop a bunch of fresh parsley.
  7. Mix chopped parsley, garlic and a cup of extra virgin olive oil in a bowl.
  8. Add the previous mixture to the tuna dish and let it rest at least 3-4 hours in a fridge.
  9. Serve cold and enjoy our typical [Spanish fish recipes](#) [1].

**Source URL:** <https://thespanishcuisine.com/recipes/tuna-in-garlic-sauce>

**Links**

[1] <https://thespanishcuisine.com/recipes/fish>