**Mediterranean Tuna Steak**

**Tomato Sauce**

* 1 tsp of Olive Oil
* 1 Red Onion
* 1 Clove of Garlic
* 1 Red Chilli
* 1 Can of Chopped Tomatoes
* 2 tsp of Oregano
* 1 a tsp of Paprika
* 1 a tsp of Chilli Powder
* Fresh Basil

**Tuna**

* 1 tsp of Olive Oil
* Tuna Steaks
* Fresh Thyme to Garnish