

# IKA MATA PACIFIC RESORT STYLE

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Treat your taste buds to an  
authentic taste of the Cook Islands

*Serves 4*

## INGREDIENTS

- 400g fresh yellowfin tuna fillet, cut into ½ inch cubes
- 200ml freshly squeezed thick coconut cream  
(store bought unsweetened coconut cream can be used  
as a substitute)
- 80g red bell pepper, seeded and diced
- 80g cucumber, peeled, seeded and diced
- 60g carrot, peeled, diced
- 20g chives, chopped
- 70g red onion, diced
- 50ml lime juice, freshly squeezed
- 2 tablespoon sea salt

## INSTRUCTIONS

1. Make a “sea water bath” by adding 1½ table spoon  
of sea salt to 600ml of cold water; soak the cubed  
tuna in this salt water bath for 30 minutes
2. Drain the tuna
3. Place the tuna in a glass or ceramic mixing bowl and  
add all the rest of the ingredients except lime juice  
and gently combine well
4. Add the lime juice and mix gently
5. Option: Adjust salt and lime juice to taste if needed

## TO SERVE

Serve in coconut shell bowls garnished with fresh lime slices