

# RECIPE 'IKA MATA'

Servings 8 - 10 | Prep Time 30 – 40 minutes

## INGREDIENTS

1kg Tuna fillets - diced into cubes

200g Tomatoes - deseeded

200g Cucumber

100g Onions

100g Spring onions

1-2 cups Coconut cream

100ml Freshly squeezed lime juice

Season with Sea salt - to your taste

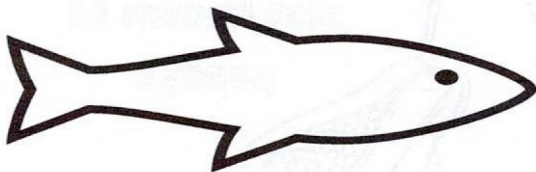
## METHOD

Ask an adult to help with the cutting and dicing of the ingredients.

- Cut tuna fillets into small cubes (2 – 3cm).
- Dice tomatoes, cucumber, onion and spring onions into small pieces.

In a bowl add the tuna and all the diced vegetables, add in your lime juice and mix ingredients. Add coconut cream and salt, mix all ingredients. Taste your dish and add more salt if needed.

For best results, place dish in the fridge for 30 minutes to an hour before eating.



## SHOPPING LIST

Tuna fish

Tomatoes

Cucumber

Onions

Spring onions

Coconut cream

Lime juice

Sea salt

This dish is one of the many traditional dishes in the Cook Islands. In the Cook Islands we call this dish 'IKA-MATA', in English it's called 'Raw fish'.

What is this dish called in your country?

The best part about this dish is, you don't need an oven. Make sure you ask an adult to help you prepare your dish.

ENJOY YOUR MEAL

KAI MEITAKI