



# UCOOK

## Alvi's Drift Tuna Fillet & Lemon Greens

with homemade peanut brittle & crème fraîche

If you think peanut brittle is limited to the snack category, think again! This recipe shows you that even sweat-salty treats have a place in an adventurous Chef's kitchen. Pieces of homemade honey-peanut brittle will be scattered over a bed of quinoa, which is topped with a perfectly seared tuna fillet. Sided with zesty green beans.

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**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

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**Serves:** 2 People

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**Chef:** Alvi's Drift

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 Adventurous Foodie

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 Alvi's Drift | Sparkling Brut Rosé

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## Ingredients & Prep

150ml	Quinoa <i>rinsed</i>
300g	Line-caught Tuna Fillet
10ml	Spice & All Things Nice Cape Bay Seasoning
20ml	Honey
40g	Peanuts <i>roughly chopped</i>
160g	Green Beans <i>rinsed, trimmed &amp; halved</i>
1	Garlic Clove <i>peeled &amp; grated</i>
20ml	Lemon Juice
60ml	Crème Fraîche

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel  
Butter

**1. START WITH THE CARB** Place the rinsed quinoa in a pot with 300ml of salted water. Cover and bring to a boil. Reduce the heat and simmer until the tails have popped out, 12-15 minutes. Remove from the heat and drain (if necessary). Set aside to steam, about 5 minutes.

**2. SEASONED TUNA** Pat the tuna dry with paper towel. Place into a bowl and coat with a drizzle of oil and the Cape Bay seasoning. Set aside.

**3. A LITTLE BRITTLE** Thoroughly grease a flat tray or dish. Place a small pan over medium heat. Add the honey and allow to bubble until foamy and darker in colour, 2 minutes (swirling the pan occasionally). Don't let it cook for too long or it'll burn! Remove the pan from the heat and stir in 1 tsp of butter – be careful, it'll be hot. Working quickly, mix in the chopped peanuts until coated. Evenly pour onto the greased tray, sprinkle with salt, and pop into the fridge to cool for at least 15-20 minutes. Once cooled, remove from the fridge and break up into small pieces.

**4. GARLIC BEANS** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the trimmed green beans until starting to char, 5-6 minutes (shifting constantly). In the final 1-2 minutes, add the grated garlic and lemon juice (to taste). Remove from the pan, season and cover.

**5. GOLD(EN) FISH** Return the pan to medium-high heat with a drizzle of oil. When hot, sear the fish until golden, 20-30 seconds per side. Remove from the pan and season.

**6. CREAMY SAUCE** In a small bowl, loosen the crème fraîche with water in 5ml increments until drizzling consistency. Season and set aside.

**7. DIVE IN, CHEF!** Serve up the quinoa and top with the charred tuna. Place the lemon green beans alongside and drizzle over the loosened crème fraîche. Scatter with pieces of the brittle.

## Nutritional Information

Per 100g

Energy	819kJ
Energy	196kcal
Protein	14.4g
Carbs	17g
of which sugars	4.7g
Fibre	2.6g
Fat	7.2g
of which saturated	2.5g
Sodium	125mg

## Allergens

Dairy, Allium, Peanuts, Fish

Cook  
within 1  
Day