



UCCOOK

Sesame Tuna & Coconut Rice

with spinach & spring onion

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Adventurous Foodie: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Bertha Wines | Bertha Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	647kJ	2936kJ
Energy	155kcal	702kcal
Protein	9.7g	44.2g
Carbs	15g	69g
of which sugars	0.9g	4.3g
Fibre	1.1g	4.8g
Fat	5.9g	26.6g
of which saturated	3.8g	17.1g
Sodium	507mg	2301mg

Allergens: Sulphites, Fish, Gluten, Sesame, Wheat, Cow's Milk, Soya, Allium

Spice Level: None

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225ml	300ml	Jasmine Rice <i>rinse</i>
300ml	400ml	Coconut Cream
15ml	20ml	Black Sesame Seeds
375g	500g	Line-caught Tuna Steak
150g	200g	Spinach <i>rinse & roughly shred</i>
30g	40g	Fresh Ginger <i>peel & grate</i>
2	2	Garlic Cloves <i>peel & grate</i>
240ml	320ml	Soy-sesame Sauce <i>(150ml [200ml] Low Sodium Soy Sauce, 60ml [80ml] Rice Wine Vinegar, 15ml [20ml] Sesame Oil & 15ml [20ml] Lemon Juice)</i>
2	2	Spring Onions <i>rinse, trim & finely slice</i>

From Your Kitchen

Oil (cooking, olive OR coconut)

Seasoning (Salt & Pepper)

Water

Sugar/Sweetener/Honey

Paper Towel

Butter

1. RICE Place the rice in a pot with 300ml [400ml] of salted water and ½ the coconut cream. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and steam, 8-10 minutes. Fluff with a fork, mix in the remaining coconut cream, and cover.

2. SEEDS Place the sesame seeds in a pan over medium heat. Toast until they pop, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. FISH Place a pan or grill pan over medium-high heat with a drizzle of oil. Pat the tuna dry with paper towel. When hot, sear the fish until golden, 20-30 seconds per side. Baste with a knob of butter. Remove from the pan and season.

4. SAUCE Return the pan, wiped down if necessary, with a drizzle of oil. When hot, fry the spring onion whites, the ginger, and the garlic until fragrant, 3-4 minutes. Add the soy-sesame sauce, 30ml [40ml] of sweetener, and 150ml [300ml] of water. Simmer until almost reduced by half, 6-8 minutes. In the final 2-3 minutes, mix in the spinach.

5. DINNER IS READY Make a bed of the coconut rice, top with the fish and pour over the sauce (to taste). Sprinkle over the spring onion greens and the sesame seeds.

Chef's Tip If you're feeling fancy, slice the green parts of the spring onion into long, thin strips and place them in a bowl of ice water to make them curly for your garnish!