



UCCOOK

Pan-seared Tuna & Leek Purée

with fluffy pearled barley

Hands-on Time: 45 minutes

Overall Time: 60 minutes

Adventurous Foodie: Serves 3 & 4

Chef: Jade Summers

Wine Pairing: Bertha Wines | Bertha Sauvignon Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	582kj	2490kj
Energy	139kcal	595kcal
Protein	12g	51.2g
Carbs	19g	83g
of which sugars	2.9g	12.3g
Fibre	4.2g	17.8g
Fat	2.4g	10.1g
of which saturated	0.3g	1.2g
Sodium	23mg	99mg

Allergens: Cow's Milk, Gluten, Allium, Wheat, Sulphites, Fish, Tree Nuts

Spice Level: None

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225ml	300ml	Pearled Barley <i>rinse</i>
30g	40g	Almonds
300g	400g	Leeks <i>trim & cut in half lengthways, thoroughly rinse & finely slice</i>
2	2	Garlic Cloves <i>peel & grate</i>
120g	160g	Peas
60g	80g	Green Leaves <i>rinse</i>
60g	80g	Sun-dried Tomatoes <i>drain & roughly chop</i>
30ml	40ml	Lemon Juice
3	4	Tuna Steaks

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Blender

Paper Towel

Butter

Milk

1. BEGIN THE BARLEY Place the pearled barley in a pot with 750ml [1L] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until al dente, 25-30 minutes (stirring occasionally). Drain and cover.

2. A IS FOR ALMONDS Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. LEEK & PEA PURÉE Return the pan to medium-high heat with a drizzle of oil or a knob of butter (optional). When hot, fry the leeks until soft, 3-4 minutes (shifting frequently). Add the garlic and the peas and fry until fragrant, 1-2 minutes. Place the leek and pea mix in a blender, season, and pulse until a chunky purée. Add milk in 10ml increments if it's too thick for your liking. Cover and set aside.

4. FRESH FLAVOUR In a bowl, combine the green leaves, the sun-dried tomatoes, the lemon juice, the barley, a drizzle of olive oil, and season.

5. TASTY TUNA 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. Remove from the pan and season.

6. WELL DONE! Smear the bottom of the plate with the purée. Top with the barley salad and the grilled fish. Scatter over the nuts.