



UCOOK

Togarashi Tuna Donburi

with jasmine rice & pak choi

Spicy tuna donburi, or don, is a Japanese dish with seared tuna chunks coated in a delicious Kewpie mayo, Sriracha & togarashi sauce. Sided with steamed jasmine rice. Sprinkled with sesame seeds and spring onion, and served alongside tender sautéed pak choi, this dish is truly one to savour and remember!

Hands-On Time: 10 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Ella Nasser

 Quick & Easy

 Boschendal | MCC Brut Rosé NV

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Ingredients & Prep

100ml	Jasmine Rice <i>rinsed</i>
20g	Salad Leaves <i>rinsed</i>
2,5ml	Togarashi Spice
5ml	Mixed Sesame Seeds
1	Spring Onion <i>finely sliced, keeping the white & green parts separate</i>
15ml	Kewpie Mayo
10ml	Sriracha Sauce
10ml	Sesame Oil
100g	Pak Choi <i>rinsed, trimmed at the base & roughly chopped</i>
150g	Line-caught Tuna Fillet <i>cut into bite-sized chunks</i>

From Your Kitchen

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

1. HEY, JASMINE! Place the rinsed rice in a pot over a medium-high heat. Submerge in 225ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 10 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes. On completion, drain if necessary and fluff up with a fork.

2. SALAD & PREP In a bowl, combine the rinsed salad leaves, ½ the togarashi spice, ½ the sesame seeds, the chopped spring onion greens, a drizzle of oil, and seasoning. Set aside. In a bowl, combine the mayo, the sriracha, the remaining togarashi spice (to taste), the sesame oil, and seasoning.

3. PERKY PAK Place a pan over a medium heat with a drizzle of oil. When hot, add the chopped pak choi and fry for 1-2 minutes until slightly softened, shifting occasionally. Remove from pan on completion and season to taste.

4. THE TUNA IS OFF THE HOOK Pat the tuna dry with paper towel. Return the pan, wiped down if necessary, to a high heat with a drizzle of oil. When hot, add the tuna and fry for 30-60 seconds until seared, shifting occasionally. On completion, add to the bowl with the sriracha-mayo sauce and toss until fully coated.

5. DON DON DON! Serve up the jasmine rice and top with the sautéed pak choi and the spicy tuna. Sprinkle over the remaining sesame seeds and the spring onion greens. Side with the sesame salad. Meshiagare, Chef!



Chef's Tip

If you want toasted sesame seeds, place them in a pan over a medium heat. Toast for 2-4 minutes until the white seeds are lightly browned, shifting occasionally. Set aside to cool.

Nutritional Information

Per 100g

Energy	714kJ
Energy	171Kcal
Protein	10.9g
Carbs	17g
of which sugars	0.9g
Fibre	1g
Fat	3.8g
of which saturated	0.6g
Sodium	119mg

Allergens

Egg, Allium, Sesame, Sulphites, Fish, Soy

Cook
within 1
Day