



# UCCOOK

## Cajun Tuna Bites

**with a roasted beetroot, feta & pea salad**

Cajun spice-marinated tuna bites are seared and then served with a mustard yoghurt dipping sauce and a bright roasted beetroot, pea, feta, and pumpkin seed salad. Simple yet totally delicious!

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**Hands-On Time:** 15 minutes

**Overall Time:** 40 minutes


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**Serves:** 2 People

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**Chef:** Ella Nasser

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 Carb Conscious

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 Boschendal | Grande Cuvée Vintage Brut

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## Ingredients & Prep

400g	Beetroot
20ml	NOMU Cajun Rub
300g	Line-caught Tuna Fillet <i>pat dry &amp; cut into bite-sized chunks</i>
100g	Peas
20g	Pumpkin Seeds
5ml	Dijon Mustard
85ml	Low Fat Plain Yoghurt
80g	Salad Leaves <i>rinsed</i>
80g	Danish-style Feta <i>drained</i>

## From Your Kitchen

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

**1. TURN UP THE BEET** Preheat the oven to 200°C. Boil the kettle. Wash the beetroot, trim the ends, and cut into bite-size chunks. Place the beetroot chunks on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until cooked through and becoming crispy, shifting halfway.

**2. MARINATE & PLUMP** In a bowl, combine the rub (to taste), seasoning, and 20ml of oil. Add the tuna chunks and toss until fully coated. Set aside in the fridge to marinate until frying. Submerge the peas in boiling water for 2-3 minutes until plump and heated through. Drain on completion and place in a salad bowl.

**3. PREP STEP** Place the pumpkin seeds in a nonstick pan over a medium heat. Toast for 3-5 minutes until beginning to pop and turn brown. Remove from the pan on completion and add to the bowl with the peas. Set aside. In a small bowl, combine the mustard (to taste), the yoghurt, and seasoning. Set aside.

**4. SIGNED, SEARED, DELIVERED** When the beetroot has 5 minutes remaining, return the pan to a high heat. When hot, add the marinated tuna chunks and sear for 30 seconds per side until browned. Remove from the pan on completion.

**5. BEET SALAD** To the bowl with the seeds and peas, add the roasted beetroot, the rinsed salad leaves, a drizzle of oil, and seasoning. Crumble in the drained feta and toss until fully combined.

**6. TIME TO BITE THE BITES!** Pile up the cajun tuna bites and side with the beetroot salad. Serve with the mustard yoghurt for dunking. Simply stunning, Chef!

## Nutritional Information

Per 100g

Energy	401kJ
Energy	96Kcal
Protein	10.1g
Carbs	5g
of which sugars	1.5g
Fibre	1.9g
Fat	3g
of which saturated	1.5g
Sodium	231mg

## Allergens

Dairy, Allium, Sulphites, Fish

Cook  
within 1  
Day