



UCOOK

Mediterranean Tuna & Brussels Sprouts

with an olive & tomato salsa

Take your palate on an overseas, sea-side holiday with a plate featuring a bed of steamed jasmine rice, topped with a flaky fillet of tuna, sided with a caramelised onion & golden brussel sprouts medley. The highlight of the culinary holiday will be when you combine a forkful with the olive, tomato, caper & fresh oregano salsa.

Hands-on Time: 40 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Suné van Zyl

Adventurous Foodie

 Laborie Estate | Laborie Rosé 2023

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Ingredients & Prep

225ml	Jasmine Rice <i>rinse</i>
2	Onions <i>peel & roughly slice</i>
300g	Brussels Sprouts <i>rinse & cut in half</i>
60ml	Balsamic Vinegar
450g	Line-caught Tuna Steaks
60g	Pitted Black Olives <i>drain & cut in half</i>
30g	Capers <i>drain & roughly chop</i>
2	Tomatoes <i>rinse & roughly dice</i>
8g	Fresh Oregano <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel
Butter (optional)

1. NICE RICE Place the rinsed rice in a pot with 450ml of salted water. 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 and cover.

2. ODE TO AN ONION Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion until caramelised, 10-12 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste). Remove from the pan, season, and cover.

3. ABOUT THE SPROUTS Place a pan over high heat with a drizzle of oil. When hot, fry the halved brussels sprouts until charred and al dente, 5-6 minutes (shifting occasionally). In the final 1-2 minutes, add the balsamic vinegar. Remove from the pan, season, and add to the caramelised onions.

4. TUNE INTO TUNA Return the pan to 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.

5. SO-GOOD SALSA In a bowl, combine the halved olives, the chopped capers, the diced tomato, ½ of the chopped oregano, a drizzle of olive oil, and seasoning.

6. MMMEDITERRANEAN MEAL Make a bed of the fluffy rice, top with the seared fish, the balsamic brussels, and the olive & tomato salsa.

Nutritional Information

Per 100g

Energy	450kj
Energy	108kcal
Protein	9.1g
Carbs	15g
of which sugars	2g
Fibre	1.6g
Fat	0.8g
of which saturated	0.1g
Sodium	125mg

Allergens

Allium, Sulphites, Fish

Eat
Within
1 Day