



UCOOK

Tropical Tuna Bowl

with coconut brown rice & a pineapple sultana salsa

Get ready to be “bowled” over by this dish! Fresh tuna chunks, fragrant coconut brown rice, tender pak choi and a tangy fruit salsa of pineapple & sultanas, all come together to create an unforgettable dish. This deliciousness is finished off with black sesame seeds and coconut flakes!

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Ella Nasser

 Fan Faves

 Leopard's Leap | Culinaria Brut MCC

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

225ml	Brown Basmati Rice
30g	Coconut Flakes
180g	Pineapple Pieces <i>drained</i>
30ml	Lime Juice
2	Fresh Chillies <i>deseeded & finely sliced</i>
12g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>
30g	Golden Sultanas <i>roughly chopped</i>
300g	Pak Choi <i>trimmed at the base</i>
450g	Line-caught Tuna Fillets <i>cut into small chunks</i>
30ml	Black Sesame Seeds

From Your Kitchen

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

1. RICE, RICE BABY Rinse the rice and place in a pot over a medium-high heat. Submerge in 700ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 25-30 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and steam for 10 minutes. On completion, drain if necessary, and fluff up with a fork.

2. COCONUT & SALSA Place the coconut flakes in a pan over a medium heat. Toast for 2-4 minutes until lightly golden, shifting occasionally. Set aside. In a bowl, combine the drained pineapple pieces, the lime juice, ½ the sliced chilli (to taste), ½ of the chopped coriander, the sultanas, and seasoning.

3. IT BRINGS ME SO MUCH CHOI Separate the leaves of the trimmed pak choi and rinse well. Slice the leaves in half lengthwise and thinly slice the stems. Return the pan to a medium heat with a drizzle of oil. When hot, fry the pak choi stems for 3-4 minutes until soft. Add the pak choi leaves and fry for 2-3 minutes until wilted. Remove from the pan on completion.

4. TANGY TUNA & FLUFFY RICE Return the pan to a high heat with a drizzle of oil. When hot, add the tuna chunks and fry for 30-60 seconds until lightly charred, shifting occasionally. Toss the cooked rice with ½ the toasted coconut flakes and the remaining coriander.

5. TUNA HEAVEN IN A BOWL Dish up the coconut brown rice. Top with the pak choi, the seared tuna chunks, and the pineapple sultana salsa. Garnish with a scattering of the sesame seeds and the remaining chilli (to taste) and coconut flakes. A feast, Chef!

Nutritional Information

Per 100g

Energy	591kJ
Energy	141kcal
Protein	11.5g
Carbs	18g
of which sugars	4.4g
Fibre	2.3g
Fat	3g
of which saturated	1.6g
Sodium	20mg

Allergens

Sesame, Sulphites, Fish

Cook
within 1
Day