



UCOOK

Tuna & Wonton “Nachos”

with Kewpie mayo, pickled ginger & sesame seeds

Fried wontons stand in for nachos in this crazy delicious dish! These crispy golden delights are topped with tasty soy sauce-marinated tuna, sesame oil cabbage & spring onion, and a Kewpie mayo drizzle. This is nacho average pile of nachos!


Hands-On Time: 20 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Alex Levett

 Adventurous Foodie

 Boschendal | 1685 Chardonnay

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Ingredients & Prep

30ml	Low Sodium Soy Sauce
20ml	Sesame Oil
1	Fresh Chilli <i>deseeded & finely sliced</i>
150g	Line-caught Tuna Fillet <i>pat dry & cut into bite-sized chunks</i>
1	Spring Onion <i>finely sliced, keeping the white & green parts separate</i>
100g	Cabbage <i>thinly sliced</i>
30ml	Kewpie Mayo
5	Wonton Wrappers <i>cut into triangles</i>
15g	Pickled Ginger <i>drained & roughly chopped</i>
5ml	White Sesame Seeds

From Your Kitchen

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

1. IT'S TUNA TIME In a bowl, combine the soy sauce, ½ the sesame oil, ½ the sliced chilli (to taste), seasoning, and a sweetener of choice (to taste). Mix until fully combined. Add the tuna chunks and toss until fully coated. Place a pan over a medium-high heat with a drizzle of oil. When hot, remove the tuna from the marinade and fry for 30-60 seconds until seared, shifting occasionally. Remove from the pan on completion.

2. CABBAGE & KEWPIE In a bowl, combine the spring onion whites, the sliced cabbage, the remaining sesame oil, and a sweetener of choice (to taste). Set aside. In a separate bowl, loosen the mayo with water in 5ml increments until drizzling consistency.

3. GOLDEN WONTONS Return the pan to a high heat, wiped down if necessary, with enough oil to cover the base. When hot, add the wonton triangles and fry for 30-60 seconds per side until crispy and golden. On completion, drain on paper towel and lightly season.

4. YOU GOT ME WONTON MORE! Make a bed of the wonton nachos. Top with the sesame oil cabbage, the seared tuna, and the chopped pickled ginger. Drizzle over the loosened mayo. Garnish with the remaining chilli (to taste), the spring onion greens, and the sesame seeds. Get munching, Chef!



Chef's Tip

If you want to toast the sesame seeds, place in a pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool.

Nutritional Information

Per 100g

Energy	759kj
Energy	182Kcal
Protein	11.1g
Carbs	6g
of which sugars	1.1g
Fibre	1.2g
Fat	6.8g
of which saturated	1g
Sodium	379mg

Allergens

Egg, Gluten, Allium, Sesame, Wheat, Sulphites, Fish, Soy

**Cook
within 1
Day**