



UCOOK

Blackened Tuna La Mexicana

with sweet potatoes & a salsa fiesta

This dish is packed with the pizzazz of big, bold flavours. We're talking tuna coated in cajun spice, charred to smoky perfection, a zesty salsa fiesta, and sweet potato wedges with a kick of chilli-sour cream. Last but not least, we have pops of fresh coriander. Dios mío!

Hands-on Time: 15 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Ella Nasser

 Adventurous Foodie

 Waterford Estate | Waterford MCC

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Ingredients & Prep

250g	Sweet Potato <i>rinsed & cut into wedges</i>
50g	Corn
60g	Kidney Beans <i>drained & rinsed</i>
20g	Pickled Bell Peppers <i>drained & roughly chopped</i>
4g	Fresh Coriander <i>rinsed, picked & finely chopped</i>
15ml	Apple Cider Vinegar
20ml	Sour Cream
1	Fresh Chilli <i>deseeded & finely chopped</i>
150g	Line-caught Tuna Steak
15ml	NOMU Cajun Spice

From Your Kitchen

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

1. OH SO SWEET... Preheat the oven to 200°C. Spread the sweet potato wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

2. CHARRED CORN Place a pan over high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. SALSA & A ZING! Place the drained kidney beans, charred corn, chopped peppers, and ½ the chopped coriander in a bowl. Drizzle with olive oil, vinegar and season to taste. Toss to combine. In another bowl, combine the sour cream, and chopped chilli (to taste). Mix well and season.

4. IT'S GETTING HOT IN HERE! Pat the tuna dry with paper towel. In a small bowl, combine the NOMU spice with 10ml of oil. Mix well and lightly season. Pour the spicy oil over the tuna and rub until it sticks. Place a pan over medium-high heat with a drizzle of oil. When hot, add the tuna, a knob of butter (optional), and sear each side until charred, 30-60 seconds. Remove from the pan, reserving the juices.

5. FIESTA TIME! Lay the smoky cajun tuna steak alongside the roasted wedges, and drizzle with the reserved juices. Side with the salsa and top it all with a large dollop of chilli-sour cream. Garnish with the remaining chopped coriander. Nice work, Chef!

Nutritional Information

Per 100g

Energy	418kJ
Energy	100kcal
Protein	7.6g
Carbs	12g
of which sugars	4g
Fibre	2.3g
Fat	1.2g
of which saturated	0.5g
Sodium	210mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,
Fish, Soy

Cook
within 1
Day