



UCOOK

Tuna & Chermoula Carrots

with sunflower seeds & fresh leaves

A light and delicious recipe perfect for flaky fish. Fresh tuna steaks are beautifully seared & served with chermoula roasted carrots for a quick and simple dinner. Bright, herby, and delicious!

Hands-on Time: 15 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Morgan Nell

 Carb Conscious

 Waterford Estate | Waterford Pecan Stream
Chenin Blanc 2021

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Ingredients & Prep

240g	Carrot <i>rinsed, trimmed & cut into wedges</i>
10ml	Pesto Princess Chermoula Paste
10g	Sunflower Seeds
150g	Tuna Steak
1	Onion <i>peeled & cut into wedges</i>
20g	Salad Leaves <i>rinsed & roughly shredded</i>

From Your Kitchen

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

1. GOLDEN CARROTS Preheat the oven to 200°C. Spread the carrot wedges out on a roasting tray, coat in a small drizzle of oil, the chermoula paste and seasoning. Roast in the hot oven for 25-30 minutes until cooked through and crisping up, shifting halfway.

2. SUNNY SUNFLOWER SEEDS Place the sunflower seeds in a pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan and set aside to cool.

3. SEARED TUNA Pat the tuna dry with paper towel. Return the pan to a medium-high heat with a drizzle of oil. When hot, add the tuna and fry for 30-60 seconds per side until seared (cook the tuna for longer if you would like it cooked through). In the final minute, baste the fish with a knob of butter (optional). Remove from the pan, reserving the pan juices, and season. Rest for 2 minutes before slicing.

4. LEVEL UP YOUR ROAST When the carrots have been in the oven for 10 minutes, scatter over the onion wedges and return to the oven for the remaining roasting time. On completion, toss the roasted seeds through the onions and carrots.

5. TIME TO DINE! Lay down the shredded leaves and top with the seared tuna slices. Serve the roasted carrots and onion alongside and drizzle over the pan juices. Wow, Chef!

Nutritional Information

Per 100g

Energy	324kj
Energy	77kcal
Protein	8.2g
Carbs	6g
of which sugars	3.1g
Fibre	1.8g
Fat	1.8g
of which saturated	0.2g
Sodium	21mg

Allergens

Allium, Fish

Cook
within 1
Day