



UCOOK

Sesame-Soy Tuna

with wasabi mash & a pineapple salsa

This dish tantalises with sweet and spicy. The classic mash gets a surprising makeover with a wasabi kick, which makes the perfect plate companion for a tuna fillet coated with a special UCOOK seasoning. Add a pineapple & coriander salsa, a delish dipping sauce and you have a very memorable meal to look forward to!

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Megan Bure

Adventurous Foodie

Painted Wolf Wines | The Den Pinotage Rosé 2023

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

Ingredients & Prep

200g	Potato <i>rinse, peel (optional) & cut into bite-sized pieces</i>
5ml	Wasabi Powder
150g	Line-caught Tuna Fillet
10ml	Tuna Seasoning <i>(2,5ml Garlic Powder, 2,5ml Onion Powder, 2,5ml Smoked Paprika & 2,5ml Dried Thyme)</i>
5ml	Black Sesame Seeds
5g	Fresh Ginger <i>peel & grate</i>
17,5ml	Dipping Sauce <i>(10ml Low Sodium Soy Sauce, 5ml Rice Wine Vinegar & 2,5ml Sesame Oil)</i>
60g	Tinned Pineapple Pieces <i>drain & roughly dice</i>
1	Spring Onion <i>trim & thinly slice</i>
3g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. WASABI MASH Place the potato pieces in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional), the wasabi powder (to taste), and a splash of water or milk (optional). Mash with a fork, season, and cover.

2. SEASONED TUNA Place the tuna in a bowl. Coat with a drizzle of oil and the tuna seasoning. Season and set aside.

3. SESAME SEEDS Place the sesame seeds in a pan over medium heat. Toast until they pop, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

4. FLAVOURS OF UMAMI Return the pan to low heat. Add the grated ginger and the dipping sauce. Simmer until warmed through, 30-60 seconds. Remove from the pan, season, and set aside.

5. PINEAPPLE SALSA In a bowl, toss together the diced pineapple pieces, the sliced spring onion, ½ the chopped coriander, a drizzle of olive oil and seasoning. Set aside.

6. GOLD(EN) FISH Place a grill pan or return the pan to medium-high heat with a drizzle of oil. When hot, fry the tuna fillet until golden and charred, 30-60 seconds per side. Remove from the pan and set aside.

7. DELICIOUS DINNER Pile up a generous helping of wasabi mash, side with the seasoned tuna, and the pineapple salsa. Garnish with the toasted sesame seeds and the remaining coriander. Serve the dipping sauce on the side.

Nutritional Information

Per 100g

Energy	379kJ
Energy	91kcal
Protein	9.6g
Carbs	11g
of which sugars	2.4g
Fibre	1.6g
Fat	1.2g
of which saturated	0.2g
Sodium	74mg

Allergens

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

Eat
Within
1 Day