



# WCOOK

## Pan-seared Tuna & Leek Purée

with fluffy pearled barley

**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

**Adventurous Foodie:** Serves 1 & 2

**Chef:** Jade Summers

**Wine Pairing:** Muratie Wine Estate | Muratie Isabella Chardonnay

<b>Nutritional Info</b>	Per 100g	Per Portion
Energy	580kj	2483kj
Energy	139kcal	594kcal
Protein	11.9g	50.9g
Carbs	19g	83g
of which sugars	2.9g	12.2g
Fibre	4.2g	17.8g
Fat	2.4g	10.1g
of which saturated	0.3g	1.2g
Sodium	22mg	95mg

**Allergens:** Sulphites, Fish, Gluten, Tree Nuts, Wheat, Cow's Milk, Allium

**Spice Level:** None

Eat Within 1 Day

## Ingredients & Prep Actions:

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Serves 1	[Serves 2]	
75ml	150ml	Pearled Barley <i>rinse</i>
10g	20g	Almonds
100g	200g	Leeks <i>trim &amp; cut in half lengthways, thoroughly rinse &amp; finely slice</i>
1	1	Garlic Clove <i>peel &amp; grate</i>
40g	80g	Peas
20g	40g	Salad Leaves <i>rinse</i>
20g	40g	Sun-dried Tomatoes <i>drain &amp; roughly chop</i>
10ml	20ml	Lemon Juice
150g	300g	Line-caught Tuna Steak

## From Your Kitchen

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

- 1. BEGIN THE BARLEY** Place the pearled barley in a pot with 250ml [500ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until al dente, 25-30 minutes (stirring occasionally). Drain and cover.
- 2. A IS FOR ALMONDS** Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.
- 3. LEEK & PEA PUREE** Return the pan to medium-high heat with a drizzle of oil or a knob of butter (optional). When hot, fry the leeks until soft, 2-3 minutes (shifting frequently). Add the garlic and the peas and fry until fragrant, 1-2 minutes. Place the leek and pea mix in a blender, season, and pulse until a chunky purée. Add milk in 10ml increments if it's too thick for your liking. Cover and set aside.
- 4. FRESH FLAVOUR** In a bowl, combine the salad leaves, the sun-dried tomatoes, the lemon juice, the barley, a drizzle of olive oil, and season.
- 5. TASTY TUNA** Place a clean pan or grill pan over medium-high heat with a drizzle of oil. Pat the tuna dry with paper towel. When hot, sear the fish until golden, 20-30 seconds per side. Remove from the pan and season.
- 6. WELL DONE!** Smear the bottom of the plate with the purée. Top with the barley salad and the grilled fish. Scatter over the nuts.