



UCOOK

Loaded Tuna Salad

with couscous & Kalamata olives

This isn't your average tuna salad, this one is jam-packed with yum! It has fresh tomatoes, crunchy cucumber, acidic capers, zingy red onion, salty feta and classic Dijon mustard. It's quick to make and absolutely divine to eat, try it!

Hands-On Time: 10 minutes

Overall Time: 15 minutes

Serves: 1 Person

Chef: Aisling Kenny

 Quick & Easy

 Boschendal | MCC Brut Rosé NV

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Ingredients & Prep

75ml	Whole Wheat Couscous
150g	Line-caught Tuna Fillet
20g	Salad Leaves <i>rinsed</i>
20g	Pitted Kalamata Olives <i>drained & halved</i>
1	Tomato <i>cut into bite-sized chunks</i>
50g	Cucumber <i>cut into half-moons</i>
1	Red Onion <i>¼ peeled & finely sliced</i>
40g	Danish-style Feta <i>drained</i>
10g	Capers <i>drained</i>
10ml	Dijon Mustard
4g	Fresh Parsley <i>rinsed & picked</i>

From Your Kitchen

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

1. FLUFFY COUSCOUS Boil the kettle. Using a shallow bowl, submerge the couscous in 125ml of boiling water. Add a drizzle of oil and gently stir through with a fork. Cover with a plate and steam for 5-8 minutes until tender. Once cooked, fluff up with the fork.

2. SEARED TUNA Pat the tuna steak dry with some paper towel. Place a pan over a high heat with a drizzle of oil. When hot, add the tuna and sear for 30-60 seconds per side. Remove from the pan on completion. Cut into bite-sized chunks. Season to taste.

3. LOADED SALAD In a salad bowl, add the rinsed salad leaves, the halved olives, the tomato chunks, the cucumber half-moons, the sliced onion (to taste), the drained feta, and the cooked couscous. Toss with a drizzle of oil and seasoning.

4. DRESSING WITH A KICK In a small bowl, combine the drained capers, the mustard (to taste), a sweetener of choice (to taste), and a drizzle of oil. Add water in 5ml increments until a drizzling consistency. Season to taste.

5. SIMPLY STUNNING! Plate up a heaping helping of the loaded couscous salad. Top with the seared tuna chunks and drizzle over the caper mustard dressing. Sprinkle over the picked parsley. Well done, Chef!

Nutritional Information

Per 100g

Energy	424kJ
Energy	101Kcal
Protein	9.5g
Carbs	9g
of which sugars	2g
Fibre	1.5g
Fat	2.6g
of which saturated	1.3g
Sodium	178mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,
Fish

Cook
within 1
Day