



uCOOK

Asian Tuna Salad

with sesame seeds & edamame beans

Hands-on Time: 8 minutes

Overall Time: 8 minutes

Lunch: Serves 1 & 2

Chef: Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	336kJ	1155kJ
Energy	80kcal	276kcal
Protein	7.7g	26.5g
Carbs	7g	25g
of which sugars	4.7g	16.3g
Fibre	1g	3.4g
Fat	2.1g	7.3g
of which saturated	0.2g	0.8g
Sodium	289mg	992mg

Allergens: Sulphites, Fish, Gluten, Sesame, Wheat, Soya

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100g	200g	Cucumber
20g	40g	Salad Leaves
1 unit	2 units	Tinned Tuna Chunks <i>drain</i>
40g	80g	Edamame Beans
40ml	80ml	Indo Soy Chilli <i>(17.5ml [35ml] Soy Sauce, 5ml [10ml] Sesame Oil, 15ml [30ml] Vinegar & 2.5ml [5ml] Chilli Flakes)</i>
20g	40g	Pickled Ginger <i>drain & roughly chop</i>
2,5ml	5ml	Black Sesame Seeds

From Your Kitchen

Seasoning (salt & pepper)

Water

1. **PREP** Rinse the cucumber and cut into half-moons. Rinse the salad leaves and roughly tear them.
2. **TIME TO EAT** In a salad bowl, mix the salad leaves, tuna, edamame beans, cucumber, and the indo soy chilli. Scatter over the pickled ginger, sprinkle the sesame seeds and enjoy!