



# UCOOK

## Moroccan-Spiced Tuna Kebabs

with a nourishing barley salad & punchy harissa yoghurt

Midweek Marrakesh magic made quick and easy. This nourishing meal will make you feel Fez'y inside. The perfect combination of spiced and charred, with fresh and zesty ingredients, makes this iconically Moroccan dish so delectable.

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**Hands-On Time:** 25 minutes

**Overall Time:** 45 minutes

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**Serves:** 2 People

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**Chef:** Ella Nasser

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♥ Health Nut

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Antonij Rupert | Cape of Good Hope  
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## Ingredients & Prep

|       |                                                                  |
|-------|------------------------------------------------------------------|
| 10ml  | Cumin Seeds                                                      |
| 150ml | Pearled Barley                                                   |
| 4     | Wooden Skewers                                                   |
| 20ml  | Pesto Princess Harissa Paste                                     |
| 1     | Lemon<br><i>zested &amp; cut into wedges</i>                     |
| 2     | Line-caught Tuna Steaks<br><i>cut into 3cm bite-sized chunks</i> |
| 30g   | Flaked Almonds                                                   |
| 2     | Plum Tomatoes<br><i>finely diced</i>                             |
| 2     | Spring Onions<br><i>finely sliced</i>                            |
| 8g    | Fresh Mint<br><i>rinsed, picked &amp; roughly chopped</i>        |
| 20g   | Fresh Parsley<br><i>rinsed, picked &amp; roughly chopped</i>     |
| 100ml | Plain Yoghurt                                                    |

## From Your Kitchen

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

**1. BEAUTIFUL BARLEY** Place a pot over medium-high heat. Once hot, add the cumin and temper for about 1 minute, until fragrant. Add the barley and 700ml of salted water. Bring to the boil. Once boiling, reduce the heat. Allow to simmer for 30-35 minutes, stirring occasionally as the water is absorbed and adding more only if required. On completion, the grain should be al dente. Drain if necessary and season.

**2. SOAK & MARINATE** Place the skewers in a shallow dish, cover with water, and allow to soak for 10 minutes – this prevents them from burning when over the heat. In a separate shallow dish, place ½ the harissa and the juice of 2 lemon wedges. Mix until fully combined. Add the tuna chunks and toss until coated. Leave to marinate for at least 10 minutes.

**3. TOASTED ALMONDS** Place the flaked almonds in a pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion.

**4. GET YOUR GRILL ON** Thread the marinated tuna chunks onto the skewers. Place a pan or griddle pan on a high heat with a drizzle of oil. When hot, add the tuna skewers and fry for 30-60 seconds per side until starting to char.

**5. FINAL SALAD TOUCHES & YOGHURT** In a salad bowl, toss the diced tomatoes, the sliced spring onions, the chopped mint, the chopped parsley and the cooked barley. Season with salt, pepper and some lemon zest. In a separate bowl, combine the yoghurt and the remaining harissa. Add water in 5ml increments until drizzling consistency.

**6. FOOD FOR THE SOUL** Serve the healthy barley salad. Top with the tuna skewers and drizzle over the harissa yoghurt. Garnish with the flaked almonds and any remaining lemon wedges on the side. Nutritiously done, Chef!



## Chef's Tip

Tempering is a common cooking technique in Indian cuisine used to extract the full flavour from spices. This method involves heating whole or ground spices in a dry pan.

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 543kj   |
| Energy             | 130Kcal |
| Protein            | 10g     |
| Carbs              | 16g     |
| of which sugars    | 3.6g    |
| Fibre              | 3.4g    |
| Fat                | 3.1g    |
| of which saturated | 0.4g    |
| Sodium             | 57mg    |

## Allergens

Dairy, Allium, Sulphites, Fish, Tree Nuts

Cook  
within 1  
Day