



UCOOK

Alvi's Drift Tuna Fillet & Lemon Greens

with homemade peanut brittle & crème fraîche

If you think peanut brittle is limited to the snack category, think again! This recipe shows you that even sweat-salty treats have a place in an adventurous Chef's kitchen. Pieces of homemade honey-peanut brittle will be scattered over a bed of quinoa, which is topped with a perfectly seared tuna fillet. Sided with zesty green beans.

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Alvi's Drift

 Adventurous Foodie

 Alvi's Drift | Sparkling Brut Rosé

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Ingredients & Prep

75ml	Quinoa <i>rinsed</i>
150g	Line-caught Tuna Fillet
5ml	Spice & All Things Nice Cape Bay Seasoning
10ml	Honey
20g	Peanuts <i>roughly chopped</i>
80g	Green Beans <i>rinsed, trimmed & halved</i>
1	Garlic Clove <i>peeled & grated</i>
10ml	Lemon Juice
30ml	Crème Fraîche

From Your Kitchen

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

1. START WITH THE CARB Place the rinsed quinoa in a pot with 150ml of salted water. Cover and bring to a boil. Reduce the heat and simmer until the tails have popped out, 12-15 minutes. Remove from the heat and drain (if necessary). Set aside to steam, about 5 minutes.

2. SEASONED TUNA Pat the tuna dry with paper towel. Place into a bowl and coat with a drizzle of oil and the Cape Bay seasoning. Set aside.

3. A LITTLE BRITTLE Thoroughly grease a flat tray or dish. Place a small pan over medium heat. Add the honey and allow to bubble until foamy and darker in colour, 2 minutes (swirling the pan occasionally). Don't let it cook for too long or it'll burn! Remove the pan from the heat and stir in 1 tsp of butter – be careful, it'll be hot. Working quickly, mix in the chopped peanuts until coated. Evenly pour onto the greased tray, sprinkle with salt, and pop into the fridge to cool for at least 15-20 minutes. Once cooled, remove from the fridge and break up into small pieces.

4. GARLIC BEANS Place a pan over medium-high heat with a drizzle of oil. When hot, fry the trimmed green beans until starting to char, 4-5 minutes (shifting constantly). In the final 1-2 minutes, add the grated garlic and lemon juice (to taste). Remove from the pan, season and cover.

5. GOLD(EN) FISH Return the pan to medium-high heat with a drizzle of oil. When hot, sear the fish until golden, 20-30 seconds per side. Remove from the pan and season.

6. CREAMY SAUCE In a small bowl, loosen the crème fraîche with water in 5ml increments until drizzling consistency. Season and set aside.

7. DIVE IN, CHEF! Serve up the quinoa and top with the charred tuna. Place the lemon green beans alongside and drizzle over the loosened crème fraîche. Scatter with pieces of the brittle.

Nutritional Information

Per 100g

Energy	819kJ
Energy	196kcal
Protein	14.4g
Carbs	17g
of which sugars	4.7g
Fibre	2.6g
Fat	7.2g
of which saturated	2.5g
Sodium	125mg

Allergens

Dairy, Allium, Peanuts, Fish

Cook
within 1
Day