



UCOOK

Seared Tuna & Sweet Soy Noodle Salad

with red cabbage, cucumber & fresh coriander

A bed of glassy vermicelli noodle salad, balanced with crunchy colour vegetables forms the foundation of this delicious Asian dish. Topped with seared tuna and a flavourful sweet-soy dressing, everyone will think you spent ages in the kitchen!

Hands-on Time: 10 minutes

Overall Time: 15 minutes

Serves: 1 Person

Chef: Rhea Hsu

 Quick & Easy

 Leopard's Leap | Culinaria Pinot Noir Chardonnay

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Ingredients & Prep

50g	Rice Vermicelli Noodles
5ml	White Sesame Seeds
1	Garlic Clove <i>peeled & grated</i>
10g	Fresh Ginger <i>peeled (optional) & grated</i>
15ml	Low Sodium Soy Sauce
4g	Fresh Coriander <i>rinsed, picked & finely chopped</i>
100g	Red Cabbage <i>thinly sliced</i>
50g	Cucumber <i>sliced into thin matchsticks</i>
150g	Tuna Fillet

From Your Kitchen

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

1. OODLES OF NOODLES Boil the kettle. Using a shallow bowl, submerge the noodles in boiling water and add a pinch of salt. Stir, cover with a plate, and leave to soak for 6-8 minutes until cooked and glassy. Drain on completion and toss through some oil to prevent sticking.

2. OPEN SESAME Place the sesame seeds in a pan over a medium heat. Toast for 3-5 minutes until lightly browned, shifting occasionally. Remove from the pan and set aside to cool.

3. A SEA OF COLOUR Return the pan to a medium heat with a drizzle of oil. When hot, add the grated garlic and the grated ginger. Fry for 1-2 minutes until fragrant, shifting constantly. Add 10ml of a sweetener of choice and a splash of water. Mix until the sweetener is fully dissolved. Add the soy sauce, ½ the toasted sesame seeds, ½ the chopped coriander, and seasoning. Remove from the heat and add the cooked noodles, the sliced cabbage, and the cucumber matchsticks. Remove from the pan and set aside.

4. TASTY TUNA Pat the tuna dry with paper towel. Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the tuna for 30-60 seconds per side until seared. Remove from the pan on completion and season. Allow to rest for 2 minutes before slicing.

5. PLATE UP! Dish up the cold noodle salad. Top with the seared tuna slices and garnish with the remaining sesame seeds and coriander. Wow, Chef!

Nutritional Information

Per 100g

Energy	463kJ
Energy	111kcal
Protein	11.5g
Carbs	13g
of which sugars	1.3g
Fibre	1.2g
Fat	1.3g
of which saturated	0.5g
Sodium	182mg

Allergens

Gluten, Allium, Sesame, Wheat, Fish,
Soy

Cook
within 1
Day