



UCOOK

Tuna & Moroccan Pea Fritters

with crispy kale & sour cream


Fill your kitchen with the fragrant scent of crispy NOMU Moroccan rub pea & kale fritters dunked in a zesty sour cream dressing. Served with crispy kale, tomato, perfectly seared tuna & fresh mint. Need we say more?


Hands-on Time: 35 minutes

Overall Time: 60 minutes

Serves: 4 People

Chef: Morgan Nell

 Adventurous Foodie

 Creation Wines | Creation Sauvignon Blanc 2022

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Ingredients & Prep

200g	Peas
200g	Kale <i>rinsed & ⅔ roughly shredded & ⅓ finely shredded</i>
15g	Fresh Mint <i>rinsed, picked & thinly sliced</i>
200ml	Self-raising Flour
40ml	NOMU Moroccan Rub
125ml	Sour Cream
600g	Line-caught Tuna Steaks <i>cut into bite-sized chunks</i>
320g	Baby Tomatoes <i>rinsed & halved</i>
160g	Danish-style Feta <i>drained & crumbled</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Egg/s

1. FIRST THE FRITTERS Preheat the oven to 200°C. In a large bowl, add the peas and crush with a potato masher or fork. Add the finely shredded kale, ½ the sliced mint, the flour, the rub, 2 eggs, 120ml of water and seasoning. Mix until combined but still a bit chunky.

2. CRISPY KALE Place the roughly shredded kale on a roasting tray with a drizzle of oil and seasoning. Using your hands, gently massage the kale until softened and coated. Pop in the hot oven and roast for 10-12 minutes until crispy.

3. DRESSY DRIZZLE In a bowl, combine the sour cream with seasoning. Add water in 5ml increments until a drizzling consistency.

4. FRY THEM FRITTERS! Place a nonstick pan over medium-high heat with enough oil to cover the base. Once hot, scoop 1 tbsp of the fritter batter into the hot oil. Flatten slightly and repeat with the remaining mixture, leaving a 1cm gap between each fritter. You may need to do this step in batches. Fry for 2-3 minutes per side until crispy and cooked through. Remove from the pan and drain on paper towel.

5. THIS TUNA IS OFF THE HOOK Pat the tuna chunks dry with paper towel. Return the pan, wiped down if necessary, to high heat with a drizzle of oil. When hot, add the tuna chunks and fry for 30-60 seconds until seared, shifting occasionally. Season to taste.

6. QUICK SALAD Just before serving, toss the crispy kale with the halved baby tomatoes and the crumbled feta.

7. A FRAGRANT FEAST! Plate up the crispy kale salad. Top with the tuna chunks, drizzle over the sour cream and side with the pea fritters. Sprinkle over the remaining sliced mint. There you go!

Nutritional Information

Per 100g

Energy	529kJ
Energy	127kcal
Protein	12.1g
Carbs	9g
of which sugars	1.6g
Fibre	1.9g
Fat	4.7g
of which saturated	2.4g
Sodium	206mg

Allergens

Gluten, Dairy, Wheat, Fish

Cook
within 1
Day