



UCCOOK

Sesame Tuna & Coconut Rice

with spinach & spring onion

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Bertha Wines | Bertha Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	647kJ	2936kJ
Energy	155kcal	702kcal
Protein	9.7g	44.2g
Carbs	15g	69g
of which sugars	0.9g	4.3g
Fibre	1.1g	4.8g
Fat	5.9g	26.6g
of which saturated	3.8g	17.1g
Sodium	507mg	2301mg

Allergens: Sulphites, Fish, Gluten, Sesame, Wheat, Cow's Milk, Soya, Allium

Spice Level: None

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	Jasmine Rice <i>rinse</i>
100ml	200ml	Coconut Cream
5ml	10ml	Black Sesame Seeds
125g	250g	Line-caught Tuna Steak
50g	100g	Spinach <i>rinse & roughly shred</i>
10g	20g	Fresh Ginger <i>peel & grate</i>
1	1	Garlic Clove <i>peel & grate</i>
80ml	160ml	Soy-sesame Sauce <i>(50ml [100ml] Low Sodium Soy Sauce, 20ml [40ml] Rice Wine Vinegar, 5ml [10ml] Sesame Oil & 5ml [10ml] Lemon Juice)</i>
1	1	Spring Onion <i>rinse, trim & finely slice</i>

From Your Kitchen

Oil (cooking, olive OR coconut)

Seasoning (Salt & Pepper)

Water

Sugar/Sweetener/Honey

Paper Towel

Butter

1. RICE Place the rice in a pot with 100ml [200ml] of salted water and ½ the coconut cream. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and steam, 8-10 minutes. Fluff with a fork, mix in the remaining coconut cream, and cover.

2. SEEDS Place the sesame seeds in a pan over medium heat. Toast until they pop, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. FISH Place a pan or grill pan over medium-high heat with a drizzle of oil. Pat the tuna dry with paper towel. When hot, sear the fish until golden, 20-30 seconds per side. Baste with a knob of butter. Remove from the pan and season.

4. SAUCE Return the pan, wiped down if necessary, with a drizzle of oil. When hot, fry the spring onion whites, the ginger, and the garlic until fragrant, 2-3 minutes. Add the soy-sesame sauce, 10ml [20ml] of sweetener, and 50ml [100ml] of water. Simmer until almost reduced by half, 5-6 minutes. In the final 1-2 minutes, mix in the spinach.

5. DINNER IS READY Make a bed of the coconut rice, top with the fish and pour over the sauce (to taste). Sprinkle over the spring onion greens and the sesame seeds.

Chef's Tip If you're feeling fancy, slice the green parts of the spring onion into long, thin strips and place them in a bowl of ice water to make them curly for your garnish!