



# UCOOK

## Blackened Tuna La Mexicana

with sweet potatoes & a salsa fiesta

This dish is packed with the pizzazz of big, bold flavours. We're talking tuna coated in cajun spice, charred to smoky perfection, a zesty salsa fiesta, and sweet potato wedges with a kick of chilli-sour cream. Last but not least, we have pops of fresh coriander. Dios mío!

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**Hands-on Time:** 30 minutes

**Overall Time:** 50 minutes


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**Serves:** 4 People

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**Chef:** Ella Nasser

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 Adventurous Foodie

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 Waterford Estate | Waterford MCC

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## Ingredients & Prep

1kg	Sweet Potato <i>rinsed &amp; cut into wedges</i>
200g	Corn
240g	Kidney Beans <i>drained &amp; rinsed</i>
80g	Pickled Bell Peppers <i>drained &amp; roughly chopped</i>
15g	Fresh Coriander <i>rinsed, picked &amp; finely chopped</i>
60ml	Apple Cider Vinegar
80ml	Sour Cream
2	Fresh Chillies <i>deseeded &amp; finely chopped</i>
600g	Line-caught Tuna Steak
60ml	NOMU Cajun Spice

## From Your Kitchen

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

**1. OH SO SWEET...** Preheat the oven to 200°C. Spread the sweet potato wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway).

**2. CHARRED CORN** Place a pan over high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 4-5 minutes (shifting occasionally). Remove from the pan and set aside.

**3. SALSA & A ZING!** Place the drained kidney beans, charred corn, chopped peppers, and ½ the chopped coriander in a bowl. Drizzle with olive oil, vinegar and season to taste. Toss to combine. In another bowl, combine the sour cream, and chopped chilli (to taste). Mix well and season.

**4. IT'S GETTING HOT IN HERE!** Pat the tuna dry with paper towel. In a small bowl, combine the NOMU spice with 25ml of oil. Mix well and lightly season. Pour the spicy oil over the tuna and rub until it sticks. Place a pan over medium-high heat with a drizzle of oil. When hot, add the tuna, a knob of butter (optional), and sear each side until charred, 30-60 seconds. Remove from the pan, reserving the juices.

**5. FIESTA TIME!** Lay the smoky cajun tuna steak alongside the roasted wedges, and drizzle with the reserved juices. Side with the salsa and top it all with a large dollop of chilli-sour cream. Garnish with the remaining chopped coriander. Nice work, Chef!

## Nutritional Information

Per 100g

Energy	418kJ
Energy	100kcal
Protein	7.6g
Carbs	12g
of which sugars	4g
Fibre	2.3g
Fat	1.2g
of which saturated	0.5g
Sodium	210mg

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,  
Fish, Soy

Cook  
within 1  
Day