



UCOOK

Higgs' Tasty Tuna Niçoise

with pink ginger kewpie mayo, soy sauce & nori

Kewpie mayo and pickled ginger blend with your usual niçoise ingredients to bring you this absolute treat! Due to seasonality, we've had to sub the limes for lemons but don't fret there's no skimping on flavour!

Hands-On Time: 15 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: David Higgs

♥ Health Nut

🍷 Haute Cabrière | Pinot Noir Rosé

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Ingredients & Prep

200g	Baby Potatoes <i>rinsed & halved</i>
15ml	Low Sodium Soy Sauce
1	Lemon <i>½ zested & cut into wedges</i>
50ml	Kewpie Mayo
10g	Pickled Ginger <i>drained & finely diced</i>
80g	Green Beans <i>rinsed, trimmed & sliced into thirds</i>
7,5ml	Black Sesame Seeds
1	Line-caught Tuna Fillet
150g	Baby Tomatoes <i>quartered</i>
25g	Pitted Kalamata Olives <i>drained & halved</i>
20g	Green Leaves <i>rinsed & roughly shredded</i>
1	Nori Sheet <i>½ torn into small pieces</i>

From Your Kitchen

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

1. BUBBLE IT! Place the baby potatoes in a pot of salted water over a high heat. Pop on a lid and bring to the boil. Once boiling, remove the lid and reduce the heat. Allow to simmer for 15-20 minutes until cooked through and tender. Remove from the heat on completion, drain, return to the pot and replace the lid.

2. SOME PREP In a salad bowl, thoroughly mix the soy sauce, the juice of 2 lemon wedges, 1 tbsp of a sweetener of choice and 1 tbsp of water, until the sweetener is mostly dissolved. In a separate small bowl, mix the mayo with the finely diced pickled ginger and add water in 5ml increments until drizzling consistency.

3. BEAN THERE Boil the kettle. Place a separate pot over a high heat, fill with boiling water, and add a pinch of salt. Once bubbling rapidly, blanch the sliced green beans for 2-3 minutes until cooked al dente. Drain on completion and run under cold water to stop the cooking process. If you would like to add a boiled egg to the salad, return the pot to a high heat. Fill with boiling water. Once bubbling rapidly, add 1 egg and boil for 8-10 minutes, or to your preference. On completion, remove from the water, peel, and cut into wedges.

4. TOASTY Place the sesame seeds in a pan over a medium heat. Toast for 2-4 minutes until they begin to pop, shifting regularly. Remove from the pan on completion and set aside to cool. Pat the tuna dry with paper towel. Return the pan to a medium-high heat with a drizzle of oil. When hot, add the tuna, a knob of butter (optional) and sear for 30-60 seconds each side until browned. Remove from the pan, slice and season.

5. ALMOST THERE... Add the halved boiled potatoes, the blanched green beans, quartered baby tomatoes and ½ of the halved olives to the salad bowl with the soy sauce dressing. Add some seasoning to the bowl and toss to combine.

6. WOWZERS, CHEF! Lay down the rinsed green leaves. Spoon over the potato and green bean salad. Top with the tuna slices and drizzle over the ginger mayo. Sprinkle over the torn nori, toasted sesame seeds, remaining olive slices, and the egg wedges — if added. Serve with a lemon wedge and dig in!



Chef's Tip

If you would like to dry out the olives for some extra pizzazz, place the halved olives on a plate and place in the microwave in 45 second intervals until dried out.

Nutritional Information

Per 100g

Energy	503kj
Energy	120Kcal
Protein	6.7g
Carbs	7g
of which sugars	1.4g
Fibre	1.6g
Fat	1.8g
of which saturated	0.3g
Sodium	161mg

Allergens

Egg, Gluten, Sesame, Wheat, Sulphites,
Fish, Soy

Cook
within 1
Day