



UCOOK

Cajun Tuna Bites

with a roasted beetroot, feta & pea salad


Cajun spice-marinated tuna bites are seared and then served with a mustard yoghurt dipping sauce and a bright roasted beetroot, pea, feta, and pumpkin seed salad. Simple yet totally delicious!

Hands-On Time: 20 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Ella Nasser

 Carb Conscious

 Boschendal | Grande Cuvée Vintage Brut

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Ingredients & Prep

600g	Beetroot
30ml	NOMU Cajun Rub
450g	Line-caught Tuna Fillet <i>pat dry & cut into bite-sized chunks</i>
150g	Peas
30g	Pumpkin Seeds
7,5ml	Dijon Mustard
125ml	Low Fat Plain Yoghurt
120g	Salad Leaves <i>rinsed</i>
120g	Danish-style Feta <i>drained</i>

From Your Kitchen

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

1. TURN UP THE BEET Preheat the oven to 200°C. Boil the kettle. Wash the beetroot, trim the ends, and cut into bite-size chunks. Place the beetroot chunks on a roasting tray, coat in oil, and season. Roast in the hot oven for 35-40 minutes until cooked through and becoming crispy, shifting halfway.

2. MARINATE & PLUMP In a bowl, combine the rub (to taste), seasoning, and 30ml of oil. Add the tuna chunks and toss until fully coated. Set aside in the fridge to marinate until frying. Submerge the peas in boiling water for 2-3 minutes until plump and heated through. Drain on completion and place in a salad bowl.

3. PREP STEP Place the pumpkin seeds in a nonstick pan over a medium heat. Toast for 3-5 minutes until beginning to pop and turn brown. Remove from the pan on completion and add to the bowl with the peas. Set aside. In a small bowl, combine the mustard (to taste), the yoghurt, and seasoning. Set aside.

4. SIGNED, SEARED, DELIVERED When the beetroot has 5 minutes remaining, return the pan to a high heat. When hot, add the marinated tuna chunks and sear for 30 seconds per side until browned. Remove from the pan on completion.

5. BEET SALAD To the bowl with the seeds and peas, add the roasted beetroot, the rinsed salad leaves, a drizzle of oil, and seasoning. Crumble in the drained feta and toss until fully combined.

6. TIME TO BITE THE BITES! Pile up the cajun tuna bites and side with the beetroot salad. Serve with the mustard yoghurt for dunking. Simply stunning, Chef!

Nutritional Information

Per 100g

Energy	401kj
Energy	96Kcal
Protein	10.1g
Carbs	5g
of which sugars	1.5g
Fibre	1.9g
Fat	3g
of which saturated	1.5g
Sodium	231mg

Allergens

Dairy, Allium, Sulphites, Fish

Cook
within 1
Day