



UCCOOK

Pan-seared Tuna & Leek Purée

with fluffy pearled barley

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Adventurous Foodie: Serves 3 & 4

Chef: Jade Summers

Wine Pairing: Muratie Wine Estate | Muratie Isabella Chardonnay

| Nutritional Info | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 580kj | 2483kj |
| Energy | 139kcal | 594kcal |
| Protein | 11.9g | 50.9g |
| Carbs | 19g | 83g |
| of which sugars | 2.9g | 12.2g |
| Fibre | 4.2g | 17.8g |
| Fat | 2.4g | 10.1g |
| of which saturated | 0.3g | 1.2g |
| Sodium | 22mg | 95mg |

Allergens: Sulphites, Fish, Gluten, Tree Nuts, Wheat, Cow's Milk, Allium

Spice Level: None

Eat Within 1 Day

Ingredients & Prep Actions:

| | | |
|----------|------------|--|
| Serves 3 | [Serves 4] | |
| 225ml | 300ml | Pearled Barley <i>rinse</i> |
| 30g | 40g | Almonds |
| 300g | 400g | Leeks <i>trim & cut in half lengthways, thoroughly rinse & finely slice</i> |
| 2 | 2 | Garlic Cloves <i>peel & grate</i> |
| 120g | 160g | Peas |
| 60g | 80g | Salad Leaves <i>rinse</i> |
| 60g | 80g | Sun-dried Tomatoes <i>drain & roughly chop</i> |
| 30ml | 40ml | Lemon Juice |
| 450g | 600g | Line-caught Tuna Steak |

From Your Kitchen

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

1. BEGIN THE BARLEY Place the pearled barley in a pot with 750ml [1L] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until al dente, 25-30 minutes (stirring occasionally). Drain and cover.

2. A IS FOR ALMONDS Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. LEEK & PEA PUREE Return the pan to medium-high heat with a drizzle of oil or a knob of butter (optional). When hot, fry the leeks until soft, 3-4 minutes (shifting frequently). Add the garlic and the peas and fry until fragrant, 1-2 minutes. Place the leek and pea mix in a blender, season, and pulse until a chunky purée. Add milk in 10ml increments if it's too thick for your liking. Cover and set aside.

4. FRESH FLAVOUR In a bowl, combine the salad leaves, the sun-dried tomatoes, the lemon juice, the barley, a drizzle of olive oil, and season.

5. TASTY TUNA Place a clean 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. Remove from the pan and season.

6. WELL DONE! Smear the bottom of the plate with the purée. Top with the barley salad and the grilled fish. Scatter over the nuts.