



UCOOK

Scrumptious Seared Tuna Pasta

with sunflower seeds, diced tomato & fresh basil

Tender linguine pasta is tossed together with fresh basil, diced tomato, and salty olives. Topped with juicy seared tuna steak, lemon juice, and sprinkled with sunflower seeds. Absolutely divine!

Hands-On Time: 25 minutes

Overall Time: 30 minutes

Serves: 4 People

Chef: Thea Richter

 Quick & Easy

 Robertson Winery | Chardonnay

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Ingredients & Prep

500g	Linguine Pasta
4	Line-caught Tuna Fillets
10g	Fresh Basil <i>rinsed, picked & roughly chopped</i>
4	Tomatoes <i>roughly diced</i>
100g	Pitted Kalamata Olives <i>drained & halved</i>
60ml	Lemon Juice
80g	Green Leaves <i>rinsed</i>
40g	Sunflower Seeds

From Your Kitchen

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

1. BUBBLING AWAY Bring a pot of salted water to the boil for the pasta. When the water is boiling, cook the pasta for 8-10 minutes until al dente. Drain on completion, reserving a cup of pasta water, and toss through some olive oil to prevent sticking.

2. SEAR THE TUNA When the pasta is done, pat the tuna dry with paper towel. Place a pan over a medium-high heat with a drizzle of oil. When hot, add the tuna and a knob of butter (optional). Sear for 30-60 seconds each side until browned. Remove from the pan, cut into chunks, and season.

3. WHEN THE PASTA IS DONE... Toss the cooked pasta with ½ the chopped basil, ½ the diced tomato, a good drizzle of olive oil, the halved olives, and the lemon juice (to taste). Season to taste and loosen the pasta with the reserved pasta water, if desired. Toss the rinsed green leaves with ½ the sunflower seeds, a drizzle of olive oil, and seasoning.

4. EAT IT UP! Plate up a heaping helping of the pasta. Top with the seared tuna chunks. Sprinkle over the remaining sunflower seeds, basil, and diced tomato. Side with the green leaf salad. Dive in, Chef!



Chef's Tip

A pot of water will come to the boil faster without salt – add the salt once the water is boiling!

Nutritional Information

Per 100g

Energy	659kJ
Energy	157Kcal
Protein	11.4g
Carbs	21g
of which sugars	2g
Fibre	2.1g
Fat	2.4g
of which saturated	0.4g
Sodium	47mg

Allergens

Gluten, Wheat, Sulphites, Fish

Cook
within 2
Days