



# UCCOOK

## Sesame Tuna & Coconut Rice

with spinach & spring onion

**Hands-on Time:** 45 minutes

**Overall Time:** 55 minutes

**Adventurous Foodie:** Serves 3 & 4

**Chef:** Kate Gomba

**Wine Pairing:** Bertha Wines | Bertha Sauvignon Blanc

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 647kJ    | 2936kJ      |
| Energy             | 155kcal  | 702kcal     |
| Protein            | 9.7g     | 44.2g       |
| Carbs              | 15g      | 69g         |
| of which sugars    | 0.9g     | 4.3g        |
| Fibre              | 1.1g     | 4.8g        |
| Fat                | 5.9g     | 26.6g       |
| of which saturated | 3.8g     | 17.1g       |
| Sodium             | 507mg    | 2301mg      |

**Allergens:** Sulphites, Fish, Gluten, Sesame, Wheat, Cow's Milk, Soya, Allium

**Spice Level:** None

Eat Within 1 Day

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] |                                                                                                                                                      |
|----------|------------|------------------------------------------------------------------------------------------------------------------------------------------------------|
| 225ml    | 300ml      | Jasmine Rice<br><i>rinse</i>                                                                                                                         |
| 300ml    | 400ml      | Coconut Cream                                                                                                                                        |
| 15ml     | 20ml       | Black Sesame Seeds                                                                                                                                   |
| 375g     | 500g       | Line-caught Tuna Steak                                                                                                                               |
| 150g     | 200g       | Spinach<br><i>rinse &amp; roughly shred</i>                                                                                                          |
| 30g      | 40g        | Fresh Ginger<br><i>peel &amp; grate</i>                                                                                                              |
| 2        | 2          | Garlic Cloves<br><i>peel &amp; grate</i>                                                                                                             |
| 240ml    | 320ml      | Soy-sesame Sauce<br><i>(150ml [200ml] Low Sodium Soy Sauce, 60ml [80ml] Rice Wine Vinegar, 15ml [20ml] Sesame Oil &amp; 15ml [20ml] Lemon Juice)</i> |
| 2        | 2          | Spring Onions<br><i>rinse, trim &amp; finely slice</i>                                                                                               |

## From Your Kitchen

Oil (cooking, olive OR coconut)

Seasoning (Salt & Pepper)

Water

Sugar/Sweetener/Honey

Paper Towel

Butter

**1. RICE** Place the rice in a pot with 300ml [400ml] of salted water and ½ the coconut cream. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and steam, 8-10 minutes. Fluff with a fork, mix in the remaining coconut cream, and cover.

**2. SEEDS** Place the sesame seeds in a pan over medium heat. Toast until they pop, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

**3. FISH** Place a 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. Baste with a knob of butter. Remove from the pan and season.

**4. SAUCE** Return the pan, wiped down if necessary, with a drizzle of oil. When hot, fry the spring onion whites, the ginger, and the garlic until fragrant, 3-4 minutes. Add the soy-sesame sauce, 30ml [40ml] of sweetener, and 150ml [300ml] of water. Simmer until almost reduced by half, 6-8 minutes. In the final 2-3 minutes, mix in the spinach.

**5. DINNER IS READY** Make a bed of the coconut rice, top with the fish and pour over the sauce (to taste). Sprinkle over the spring onion greens and the sesame seeds.

**Chef's Tip** If you're feeling fancy, slice the green parts of the spring onion into long, thin strips and place them in a bowl of ice water to make them curly for your garnish!