



# UCOOK

## Togarashi Tuna Donburi

with jasmine rice & pak choi

Spicy tuna donburi, or don, is a Japanese dish with seared tuna chunks coated in a delicious Kewpie mayo, Sriracha & togarashi sauce. Sided with steamed jasmine rice. Sprinkled with sesame seeds and spring onion, and served alongside tender sautéed pak choi, this dish is truly one to savour and remember!

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**Hands-On Time:** 15 minutes

**Overall Time:** 25 minutes

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**Serves:** 2 People

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**Chef:** Ella Nasser

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 Quick & Easy

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 Boschendal | MCC Brut Rosé NV

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## Ingredients & Prep

200ml	Jasmine Rice <i>rinsed</i>
40g	Salad Leaves <i>rinsed</i>
5ml	Togarashi Spice
10ml	Mixed Sesame Seeds
1	Spring Onion <i>finely sliced, keeping the white &amp; green parts separate</i>
30ml	Kewpie Mayo
20ml	Sriracha Sauce
20ml	Sesame Oil
200g	Pak Choi <i>rinsed, trimmed at the base &amp; roughly chopped</i>
300g	Line-caught Tuna Fillets <i>cut into bite-sized chunks</i>

## From Your Kitchen

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

**1. HEY, JASMINE!** Place the rinsed rice in a pot over a medium-high heat. Submerge in 450ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 10 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes. On completion, drain if necessary and fluff up with a fork.

**2. SALAD & PREP** In a bowl, combine the rinsed salad leaves, ½ the togarashi spice, ½ the sesame seeds, the chopped spring onion greens, a drizzle of oil, and seasoning. Set aside. In a bowl, combine the mayo, the sriracha, the remaining togarashi spice (to taste), the sesame oil, and seasoning.

**3. PERKY PAK** Place a pan over a medium heat with a drizzle of oil. When hot, add the chopped pak choi and fry for 1-2 minutes until slightly softened, shifting occasionally. Remove from pan on completion and season to taste.

**4. THE TUNA IS OFF THE HOOK** Pat the tuna dry with paper towel. Return the pan, wiped down if necessary, to a high heat with a drizzle of oil. When hot, add the tuna and fry for 30-60 seconds until seared, shifting occasionally. On completion, add to the bowl with the sriracha-mayo sauce and toss until fully coated.

**5. DON DON DON!** Serve up the jasmine rice and top with the sautéed pak choi and the spicy tuna. Sprinkle over the remaining sesame seeds and the spring onion greens. Side with the sesame salad. Meshiagare, Chef!



## Chef's Tip

If you want toasted sesame seeds, place them in a pan over a medium heat. Toast for 2-4 minutes until the white seeds are lightly browned, shifting occasionally. Set aside to cool.

## Nutritional Information

Per 100g

Energy	714kJ
Energy	171Kcal
Protein	10.9g
Carbs	17g
of which sugars	0.9g
Fibre	1g
Fat	3.8g
of which saturated	0.6g
Sodium	119mg

## Allergens

Egg, Allium, Sesame, Sulphites, Fish, Soy

Cook  
within 1  
Day