

Eat Within 1 Day

UCOOK

Sesame-Soy Tuna

with wasabi mash & a pineapple salsa

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Stettyn Wines | Stettyn Family Range Babelki Brut Rosé

Nutritional Info	Per 100g	Per Portion
Energy	386kJ	1812kJ
Energy	92kcal	433kcal
Protein	9.6g	45.1g
Carbs	11g	52g
of which sugars	2.4g	11.2g
Fibre	1.6g	7.7g
Fat	1.2g	5.4g
of which saturated	0.2g	0.9g
Sodium	91mg	428mg

Allergens: Sulphites, Fish, Gluten, Sesame, Wheat, Soya, Allium

Spice Level: Mild

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato *rinse, peel (optional) & cut into bite-sized pieces*
150g	300g	Line-caught Tuna Steak
5ml	10ml	Wasabi Powder
10ml	20ml	Tuna Seasoning *(2,5ml [5ml] Garlic Powder, 2,5ml [5ml] Onion Powder, 2,5ml [5ml] Smoked Paprika & 2,5ml [5ml] Dried Thyme)*
5ml	10ml	Black Sesame Seeds
5g	10g	Fresh Ginger *peel & grate*
20ml	40ml	Dipping Sauce *(12,5ml [25ml] Low Sodium Soy Sauce, 5ml [10ml] Rice Wine Vinegar & 2,5ml [5ml] Sesame Oil)*
60g	120g	Tinned Pineapple Pieces *drain & roughly dice*
1	1	Spring Onion *rinse, trim & thinly slice*
3g	5g	Fresh Coriander *rinse, pick & roughly chop*

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Milk (optional)
Butter (optional)

1. WASABI MASH Place the potato in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional), the wasabi powder (to taste), and a splash of water or milk (optional). Mash with a fork, season, and cover.

2. SEASONED TUNA Place the tuna in a bowl. Coat with a drizzle of oil and the tuna seasoning. Season and set aside.

3. SESAME 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.

4. FLAVOURS OF UMAMI Return the pan to low heat. Add the ginger and the dipping sauce. Simmer until warmed through, 30-60 seconds. Remove from the pan, season, and set aside.

5. PINEAPPLE SALSA In a bowl, toss together the pineapple, the spring onion, ½ the coriander, a drizzle of olive oil and seasoning. Set aside.

6. GOLDEN FISH Place a grill pan or return the pan to medium-high heat with a drizzle of oil. When hot, fry the tuna fillet until golden and charred, 30-60 seconds per side. Remove from the pan and set aside.

7. DELICIOUS DINNER Pile up a generous helping of wasabi mash, side with the seasoned tuna, and the pineapple salsa. Garnish with the toasted sesame seeds and the remaining coriander. Serve the dipping sauce on the side.