

# UCOOK

## Creation's Sesame-Soy Tuna

with wasabi mash & a pineapple salsa

**Hands-on Time:** 20 minutes

**Overall Time:** 35 minutes

**Adventurous Foodie:** Serves 1 & 2

**Chef:** Megan Bure

**Wine Pairing:** Creation Wines | Creation 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:** Soya, Gluten, Allium, Sesame, Wheat, Sulphites, Fish

**Spice Level:** Mild

Eat Within 1 Day



## Ingredients & Prep Actions:

Serves 1 [Serves 2]

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

## From Your Kitchen

Oil (cooking, olive or coconut)

Water

Milk (optional)

Seasoning (salt & pepper)

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, 1/2 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.