



UCCOOK

Tuna & Hazelnut Salsa

with crispy baby potatoes & charred green beans

Hands-on Time: 40 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	453kJ	2401kJ
Energy	108kcal	574kcal
Protein	8g	42.5g
Carbs	10g	54g
of which sugars	2.3g	12.2g
Fibre	2g	10.4g
Fat	4.6g	24.3g
of which saturated	2.1g	11.1g
Sodium	126mg	666mg

Allergens: Sulphites, Fish, Tree Nuts, Cow's Milk, Allium

Spice Level: None

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Baby Potatoes <i>rinse</i>
30ml	40ml	NOMU Seafood Rub
240g	320g	Green Beans <i>rinse & trim</i>
120g	160g	Peas
2	2	Garlic Cloves <i>peel & grate</i>
150ml	200ml	Fresh Cream
30g	40g	Hazelnuts <i>roughly chop</i>
8g	10g	Fresh Parsley <i>rinse, pick & roughly chop</i>
30ml	40ml	Lemon Juice
375g	500g	Line-caught Tuna Steaks

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter

Blender

1. PARBOILED POTS Preheat the oven to 200°C. Place the baby potatoes in a pot of salted water. Bring to a boil and cook until easily pierced with a fork but still firm, 15-20 minutes. Drain and set aside.

2. SMASHED POTATOES Spread the parboiled potatoes on a lightly greased roasting tray. Using a fork, gently press down, splitting the skin, but keeping them in one piece. Drizzle over some oil, ½ the NOMU rub, and season. Roast in the hot oven until crispy, 30-35 minutes. Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

3. GREEN BEANS Place a pan over medium-high heat with a drizzle of oil. When hot, fry the green beans until starting to char, 5-6 [6-7] minutes (shifting occasionally). Remove from the pan, season, and cover.

4. PEA PURÉE Return the pan to medium heat with a knob of butter and a drizzle of oil. When hot, fry the peas and the garlic until fragrant, 3-4 minutes (shifting constantly). Pour in the cream and simmer until heated through, 1-2 minutes. Place the pea and cream mix in a blender, season, and pulse until a smooth purée. Add water in 10ml increments if it's too thick for your liking. Cover and set aside.

5. NUTTY SALSA Place the hazelnuts in a clear pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside. In a small bowl, combine the parsley, the toasted nuts, and ½ the lemon juice.

6. FRY THE FISH Return the pan to 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. Remove from the pan and season.

7. DINNER FOR ROYALTY Smear the pea puree on a plate. Top with the tuna and the nut salsa. Serve alongside the smashed potatoes and the charred green beans. Drizzle over the remaining lemon juice. Dive in, Chef!