



# UCOOK

## Seared Tuna & Sweet Soy Noodle Salad

with red cabbage, cucumber & fresh coriander

A bed of glassy vermicelli noodle salad, balanced with crunchy colour vegetables forms the foundation of this delicious Asian dish. Topped with seared tuna and a flavourful sweet-soy dressing, everyone will think you spent ages in the kitchen!

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**Hands-on Time:** 15 minutes

**Overall Time:** 25 minutes


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**Serves:** 3 People

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**Chef:** Rhea Hsu

 Quick & Easy

 Leopard's Leap | Culinaria Pinot Noir Chardonnay

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## Ingredients & Prep

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150g	Rice Vermicelli Noodles
15ml	White Sesame Seeds
2	Garlic Cloves <i>peeled &amp; grated</i>
30g	Fresh Ginger <i>peeled (optional) &amp; grated</i>
45ml	Low Sodium Soy Sauce
12g	Fresh Coriander <i>rinsed, picked &amp; finely chopped</i>
300g	Red Cabbage <i>thinly sliced</i>
150g	Cucumber <i>sliced into thin matchsticks</i>
450g	Tuna Fillet

## From Your Kitchen

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Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey  
Paper Towel

**1. OODLES OF NOODLES** Boil the kettle. Using a shallow bowl, submerge the noodles in boiling water and add a pinch of salt. Stir, cover with a plate, and leave to soak for 6-8 minutes until cooked and glassy. Drain on completion and toss through some oil to prevent sticking.

**2. OPEN SESAME** Place the sesame seeds in a pan over a medium heat. Toast for 3-5 minutes until lightly browned, shifting occasionally. Remove from the pan and set aside to cool.

**3. A SEA OF COLOUR** Return the pan to a medium heat with a drizzle of oil. When hot, add the grated garlic and the grated ginger. Fry for 1-2 minutes until fragrant, shifting constantly. Add 30ml of a sweetener of choice and a splash of water. Mix until the sweetener is fully dissolved. Add the soy sauce, ½ the toasted sesame seeds, ½ the chopped coriander, and seasoning. Remove from the heat and add the cooked noodles, the sliced cabbage, and the cucumber matchsticks. Remove from the pan and set aside.

**4. TASTY TUNA** Pat the tuna dry with paper towel. Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the tuna for 30-60 seconds per side until seared. Remove from the pan on completion and season. Allow to rest for 2 minutes before slicing.

**5. PLATE UP!** Dish up the cold noodle salad. Top with the seared tuna slices and garnish with the remaining sesame seeds and coriander. Wow, Chef!

## Nutritional Information

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Per 100g

Energy	463kJ
Energy	111kcal
Protein	11.5g
Carbs	13g
of which sugars	1.3g
Fibre	1.2g
Fat	1.3g
of which saturated	0.5g
Sodium	182mg

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## Allergens

Gluten, Allium, Sesame, Wheat, Fish,  
Soy

Cook  
within 1  
Day