



uCOOK

Asian Tuna Salad

with sesame seeds & edamame beans

Hands-on Time: 10 minutes

Overall Time: 10 minutes

Lunch: Serves 3 & 4

Chef: Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	336kJ	1155kJ
Energy	80kcal	276kcal
Protein	7.7g	26.5g
Carbs	7g	25g
of which sugars	4.7g	16.3g
Fibre	1g	3.4g
Fat	2.1g	7.3g
of which saturated	0.2g	0.8g
Sodium	289mg	992mg

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

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300g	400g	Cucumber
60g	80g	Salad Leaves
3 units	4 units	Tinned Tuna Chunks <i>drain</i>
120g	160g	Edamame Beans
120ml	160ml	Indo Soy Chilli <i>(52.5ml [70ml] Soy Sauce, 15ml [20ml] Sesame Oil, 45ml [60ml] Vinegar & 7.5ml [10ml] Chilli Flakes)</i>
60g	80g	Pickled Ginger <i>drain & roughly chop</i>
7,5ml	10ml	Black Sesame Seeds

From Your Kitchen

Seasoning (salt & pepper)

Water

1. **PREP** Rinse the cucumber and cut into half-moons. Rinse the salad leaves and roughly tear them.
2. **TIME TO EAT** In a salad bowl, mix the salad leaves, tuna, edamame beans, cucumber, and the indo soy chilli. Scatter over the pickled ginger, sprinkle the sesame seeds and enjoy!