

UCCOOK

Sesame-crusted Tuna

with a creamy wasabi potato salad & pak choi

Sesame-coated seared tuna slices are paired with a fiery wasabi-dressed baby potato salad and sautéed pak choi leaves. Served with a sweet chilli, soy sauce and spring onion dipping sauce. This dish is truly tuna-tastic!

Hands-On Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Hannah Duxbury

 Fan Faves

 Boschendal | MCC Brut Rosé NV

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Ingredients & Prep

200g	Baby Potatoes <i>rinsed & halved</i>
150g	Pak Choi <i>trimmed at the base & rinsed</i>
65ml	Low Fat Plain Yoghurt
5ml	Wasabi Powder
15ml	Mixed Sesame Seeds
150g	Line-caught Tuna Fillet
40ml	Sweet Chilli Sauce
15ml	Low Sodium Soy Sauce
7,5ml	Sesame Oil
1	Spring Onion <i>thinly sliced</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel

1. POTATO PARTY Place the halved baby potatoes in a pot of salted water over a high heat. Pop on a lid and bring to a boil. Once boiling, remove the lid and reduce the heat. Allow to simmer for 15-20 minutes until cooked through and soft. Remove from the heat on completion and drain.

2. PAN-FRIED PAK CHOI Place a pan over a medium-high heat with a drizzle of oil. When hot, fry the pak choi leaves for 2-3 minutes until slightly wilted, shifting occasionally. Remove from the pan and season.

3. CREAMY & SPICY Place the yoghurt, the wasabi powder (to taste), and some seasoning in a bowl. Mix until fully combined. Add the cooked baby potatoes and toss until fully coated.

4. SESAME TUNA Place the sesame seeds in a shallow dish. Pat the tuna fillet dry with paper towel. Press the tuna fillet into the seeds until coated. Return the pan to a high heat with a drizzle of oil. When hot, add the sesame-crusted tuna and fry for 30-60 seconds per side until the seeds are starting to pop. Remove from the heat and thinly slice.

5. DRIZZLE DELIGHT In a bowl, mix the sweet chilli sauce, the soy sauce, the sesame oil and ½ the spring onion slices. Season to taste, if necessary — be careful, soy sauce is salty!

6. TIME TO DISH UP Plate your pan-fried pak choi and sesame-crusted tuna slices. Serve with the wasabi-yoghurt potato salad and garnish with the remaining sliced spring onion. Serve with the sweet chilli and soy sauce for dunking. Dig in, Chef!



Chef's Tip

When coating the tuna in the seeds, do it swiftly and don't swirl it around, or the seeds will get wet and won't stick properly.

Nutritional Information

Per 100g

Energy	334kJ
Energy	80Kcal
Protein	7.8g
Carbs	7g
of which sugars	1.1g
Fibre	1.2g
Fat	2.1g
of which saturated	0.4g
Sodium	161mg

Allergens

Gluten, Dairy, Allium, Sesame, Wheat, Sulphites, Sugar Alcohol (Xylitol), Fish, Soy

Cook
within 1
Day