



UCOOK

Moroccan-Spiced Tuna Kebabs

with a nourishing barley salad & punchy harissa yoghurt

Midweek Marrakesh magic made quick and easy. This nourishing meal will make you feel Fez'y inside. The perfect combination of spiced and charred, with fresh and zesty ingredients, makes this iconically Moroccan dish so delectable.

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Ella Nasser

♥ Health Nut

Antonij Rupert | Cape of Good Hope
Riebeeksrivier Chenin Blanc

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Ingredients & Prep

5ml	Cumin Seeds
75ml	Pearled Barley
2	Wooden Skewers
10ml	Pesto Princess Harissa Paste
1	Lemon <i>½ zested & cut into wedges</i>
1	Line-caught Tuna Steak <i>cut into 3cm bite-sized chunks</i>
15g	Flaked Almonds
1	Plum Tomato <i>½ finely diced</i>
1	Spring Onion <i>finely sliced</i>
5g	Fresh Mint <i>rinsed, picked & roughly chopped</i>
15g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
50ml	Plain Yoghurt

From Your Kitchen

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

1. BEAUTIFUL BARLEY Place a pot over medium-high heat. Once hot, add the cumin and temper for about 1 minute, until fragrant. Add the barley and 350ml of salted water. Bring to the boil. Once boiling, reduce the heat. Allow to simmer for 30-35 minutes, stirring occasionally as the water is absorbed and adding more only if required. On completion, the grain should be al dente. Drain if necessary and season.

2. SOAK & MARINATE Place the skewers in a shallow dish, cover with water, and allow to soak for 10 minutes – this prevents them from burning when over the heat. In a separate shallow dish, place ½ the harissa and the juice of 1 lemon wedge. Mix until fully combined. Add the tuna chunks and toss until coated. Leave to marinate for at least 10 minutes.

3. TOASTED ALMONDS Place the flaked almonds in a pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion.

4. GET YOUR GRILL ON Thread the marinated tuna chunks onto the skewers. Place a pan or a griddle pan on a high heat with a drizzle of oil. When hot, add the tuna skewers and fry for 30-60 seconds per side until starting to char.

5. FINAL SALAD TOUCHES & YOGHURT In a salad bowl, toss the diced tomatoes, the sliced spring onions, the chopped mint, the chopped parsley and the cooked barley. Season with salt, pepper and some lemon zest. In a separate bowl, combine the yoghurt and the remaining harissa. Add water in 5ml increments until drizzling consistency.

6. FOOD FOR THE SOUL Serve the healthy barley salad. Top with the tuna skewers and drizzle over the harissa yoghurt. Garnish with the flaked almonds and any remaining lemon wedges on the side. Nutritiously done, Chef!



Chef's Tip

Tempering is a common cooking technique in Indian cuisine used to extract the full flavour from spices. This method involves heating whole or ground spices in a dry pan.

Nutritional Information

Per 100g

Energy	543kj
Energy	130Kcal
Protein	10g
Carbs	16g
of which sugars	3.6g
Fibre	3.4g
Fat	3.1g
of which saturated	0.4g
Sodium	57mg

Allergens

Dairy, Allium, Sulphites, Fish, Tree Nuts

Cook
within 1
Day