

MARLEY SPOON



Grilled tuna on pearl couscous salad

with corn, avocado and coriander



ca. 30min



2 Portionen

Was du von uns bekommst

- 200g Bio-Perlencouscous²
- 1 Pck. Kreuzkümmel-Koriander-Gewürzmischung
- 2 MSC-Gelbflossen-Thunfischsteaks¹
- 1 rote Zwiebel
- 1 unbehandelte Limette
- 10g Koriander
- 1 Avocado
- 1 Dose Mais

Was du zu Hause benötigst

- 4g Salz und Pfeffer
- 45ml Olivenöl
- 15ml Pflanzenöl
- 7½ml Essig

Küchenutensilien

- kleiner Topf mit Deckel
- Grillpfanne oder Pfanne
- Messbecher
- Küchenreibe
- Zitruspresse
- Sieb

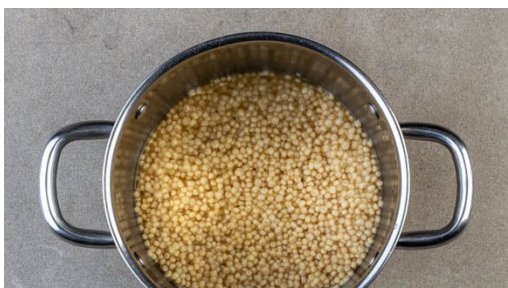
Vergiss nicht, das Gemüse vor der Zubereitung gründlich zu waschen, insbesondere grünes Blattgemüse und Salate.

Allergene

Fisch (1), Gluten (2). Kann Spuren von anderen Allergenen enthalten.

Nährwertangaben pro Portion

Energie 914kcal, Fett 40.5g, Kohlenhydrate 99.2g, Eiweiß 37.7g



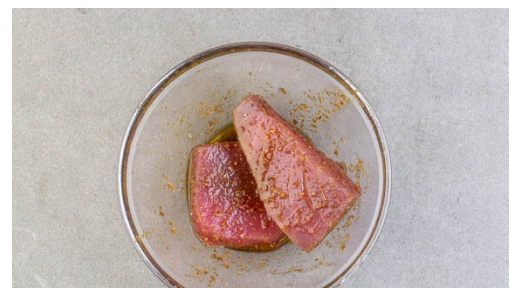
1. Cook the pearl couscous

Bring 400ml lightly salted water to a boil in a small pot. Add the pearl couscous to the boiling water and stir. Reduce the heat to low and let simmer covered for 8-10min. until all the water is absorbed and pearl couscous cooked through.



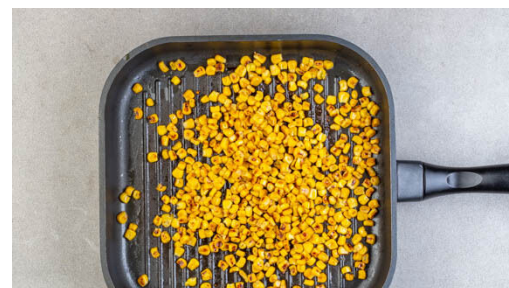
4. Make the salad

Halve the avocado, remove the pit and score the flesh crosswise. Use a spoon to scoop the avocado cubes out of the skin. Reserve a few onion slices from the bowl as a topping for later, then add the avocado to the bowl. Add the cooked pearl couscous and mix to combine into a salad.



2. Marinate the tuna steaks

Meanwhile, in a bowl big enough to hold the fish, mix ½ of the cumin-coriander spice mix with 2Tbsp olive oil and a large pinch of salt. Wash and pat the tuna steaks dry, then coat them in the marinade. Set aside to marinate until ready to grill.



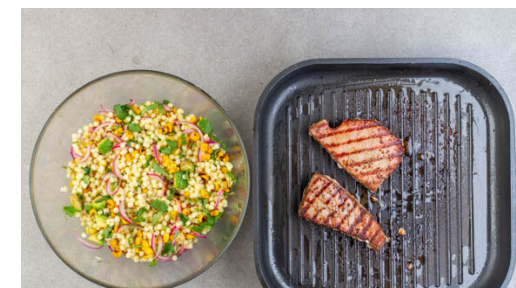
5. Grill the corn

Drain the corn kernels in a sieve. Heat up a grill pan or medium normal pan on medium-high heat. Add ½Tbsp vegetable oil and fry the corn kernels for 6-9min. until they are nicely charred. Season with a large pinch of salt and then add the corn kernels to the pearl couscous salad. Wipe out the pan.



3. Marinate the onions

Peel, halve and cut the onion into fine strips. Zest, then halve and juice the lime. In a large bowl mix 1Tbsp olive oil and 1/2Tbsp vinegar with the zest, ½ of the lime juice and a large pinch of salt and pepper. Add the sliced onion and set aside to marinate.



6. Grill the tuna steaks

Warm the pan on medium-high heat. When hot, add ½Tbsp vegetable oil and grill the tuna steaks for 2-3min. per side to the desired doneness. Roughly chop the coriander coarsely including the stalks. Mix it into the salad and season to taste with the rest of the lime juice, salt and pepper. Serve the grilled tuna steaks atop the salad. Garnished with the reserved marinated onions.