

MARLEY SPOON



grilled tuna

on potato-bean-bacon salad



30-40min



4 Portionen

Was du von uns bekommst

- 2 Pck. Babykartoffeln
- 250g grüne Bohnen
- 2 Schalotten
- 2 Stangensellerie ¹
- 20g Petersilie & Oregano
- 2 Pck. Speckwürfel
- 4 MSC-Gelbflossen-Thunfischsteaks ²
- 2 Dosen weiße Bio-Bohnen

Was du zu Hause benötigst

- 8g Salz und Pfeffer
- 60ml Olivenöl
- 60ml Essig

Küchenutensilien

- großer Topf
- Grillpfanne oder Pfanne

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

Kochtipp

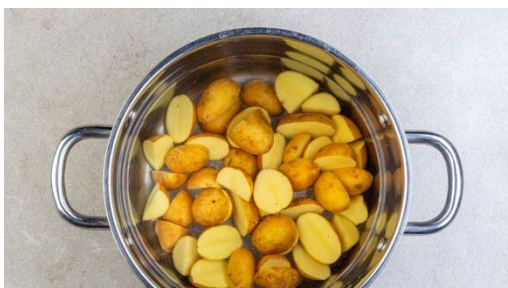
In BBQ season, you can also grill the tuna on a bbq grill. Just coat the fish with some oil before grilling.

Allergene

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

Nährwertangaben pro Portion

Energie 716kcal, Fett 30.6g, Kohlenhydrate 61.5g, Eiweiß 41.5g



1. Boil the potatoes

Bring a large pot of salted water to a boil for the potatoes and green beans. Halve or quarter the potatoes, depending on their size. Add the potatoes to the boiling water and cook for 8-10min.



2. Add the green beans

Meanwhile, trim off the woody ends of the beans and cut the beans into ca. 2cm pieces. When the potatoes have cooked for 8-10min, add the green beans to the pot and continue cooking for another 10-12min. until the potatoes and beans are fork tender. Drain in a sieve.



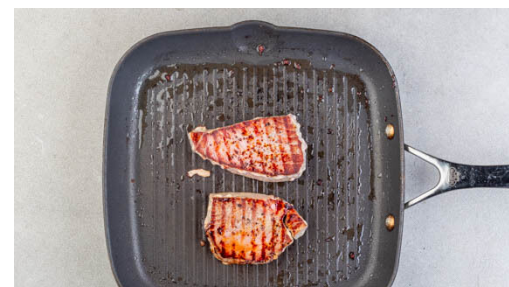
3. Prepare the salad base

Meanwhile, in a large salad bowl, mix 4Tbsp olive oil, 4Tbsp light vinegar, ½tsp of salt and a large pinch of pepper into a dressing. Peel, halve and thinly slice the shallots. Thinly slice the celery. Strip the oregano leaves off the stalks. Finely chop the parsley including the stalks and the oregano leaves. Add the shallot, celery and herbs to the bowl and mix with the dressing.



4. Fry the bacon

Heat up a grill pan or normal pan on medium-high heat. Add the bacon cubes and fry for 3-4min. until crisp and the fat is rendered into the pan. Meanwhile, rinse the tuna with cold water, then pat dry and season each side with a pinch of salt and pepper. Scoop out the bacon cubes and add them to the salad bowl. Don't wipe the pan.



5. Grill the tuna

To the hot pan with the bacon fat, add the tuna and grill the fish on a medium-high heat for 2-3min. until the heat reaches a third towards the center of the tuna steaks. You will see the sides of the steaks slowly turning white horizontally. Flip the steaks and repeat the process. If you prefer the fish cooked completely through, just wait for the heat to reach the center before you flip.



6. Finish the salad

Add the drained potatoes and green beans to the salad bowl and mix to combine. Rinse and drain the butter beans in a sieve, then add them to the salad as well. Season the salad and tuna steaks with salt and pepper to taste. Serve the salad topped with the grilled tuna steaks.