



SF seared tuna with cucumber salad

on fried cabbage and udon noodles



ca. 20min



4 Portionen

Was du von uns bekommst

- 2 Lauchzwiebeln
- 2 unbehandelte Limetten
- 2 Pck. hawaiianische Gewürzmischung ⁴
- 2 Gurken
- 400g geschnittener Weißkohl
- 1 Pck. Knoblauch-Ingwer-Paste
- 2 Pck. Sriracha-Sauce
- 800g frische Udon-Nudeln ²
- 4 MSC-Gelbflossen-Thunfischsteaks ¹
- 50g Erdnüsse, geröstet & gesalzen ³

Was du zu Hause benötigst

- Salz
- Zucker
- Pflanzenöl
- Essig

Küchenutensilien

- große Pfanne mit Deckel
- große Pfanne
- Messbecher
- Küchenreibe
- Zitruspresse

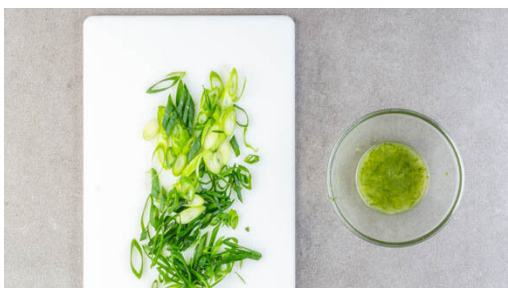
Vergiss nicht, das Gemüse vor der Zubereitung gründlich zu waschen, insbesondere grünes Blattgemüse und Salate.

Allergene

Fisch (1), Gluten (2), Erdnüsse (3), Sesamsamen (4). Kann Spuren von anderen Allergenen enthalten.

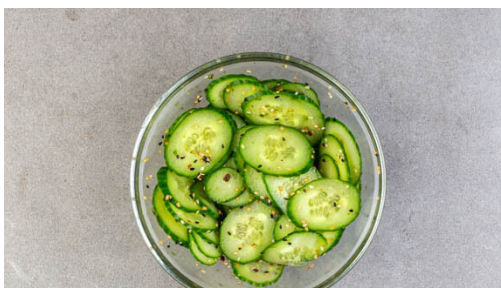
Nährwertangaben pro Portion

Energie 630kcal, Fett 17.3g, Kohlenhydrate 81.5g, Eiweiß 34.6g



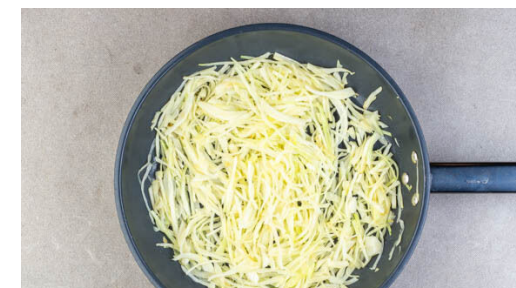
1. Make the lime sauce

Slice the spring onions crosswise on an angle. Zest and juice the limes. Mix the deglazing liquid with lime zest and the juice (ca. 6Tbsp), and ½tsp of each salt and sugar in a small bowl.



2. Marinate the cucumbers

In a salad bowl, mix 1Tbsp vinegar with the spice mix and a large pinch of salt and sugar. Thinly slice the cucumbers and add to the dressing.



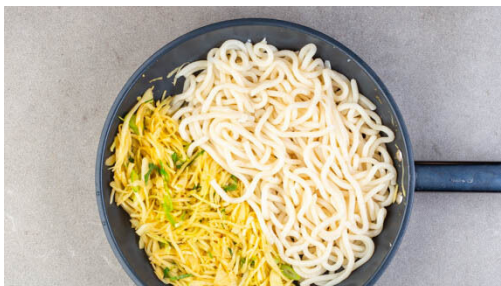
3. Fry the cabbage

Heat up a large pan on medium-high heat. Add 1Tbsp vegetable oil and fry the cabbage strips for 6-8min. until softened, stirring regularly.



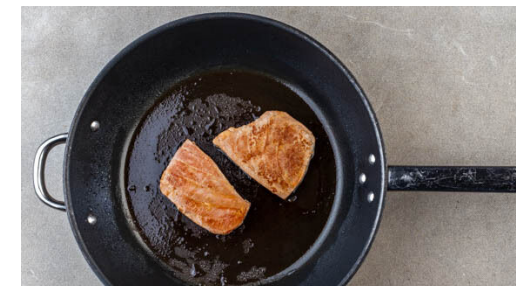
4. Add the aromatics

Add the spring onions and the ginger and garlic paste to the cabbage pan and continue to fry for ca. 30sec. until fragrant. Then gradually add the sriracha to taste. Be careful with the spiciness. Deglaze with the prepared lime sauce and stir to mix.



5. Cook the udon noodles

Move the cabbage to the side of the pan. Layer the noodles as flat as possible into the pan and add ca. 200ml water. Close with a lid and simmer the noodles for ca. 3min., pulling them apart in the process. Meanwhile, pat the fish dry. Heat up 1Tbsp of vegetable oil in another large pan.



6. Fry the tuna

Fry the fish for 2-3min. until the heat (a white line) reaches a third towards the center of the tuna. Flip the tuna and repeat. If you prefer the fish cooked completely through, wait for the heat to reach the center, until you flip. Season the tuna with salt. Mix the fried cabbage with the noodles and serve them topped with the tuna and the cucumber salad on the side. Sprinkle with the peanuts.