



SF seared tuna with cucumber salad

on fried cabbage and udon noodles



ca. 20min



2 Portionen

Was du von uns bekommst

- 1 Lauchzwiebel
- 1 unbehandelte Limette
- 1 Pck. hawaiianische Gewürzmischung ⁴
- 1 Gurke
- 200g geschnittener Weißkohl
- 1 Pck. Knoblauch-Ingwer-Paste
- 1 Pck. Sriracha-Sauce
- 400g frische Udon-Nudeln ²
- 2 MSC-Gelbflossen-Thunfischsteaks ¹
- 25g Erdnüsse, geröstet & gesalzen ³

Was du zu Hause benötigst

- Salz
- Zucker
- Pflanzenöl
- Essig

Küchenutensilien

- mittelgroße Pfanne mit Deckel
- mittelgroße 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 621kcal, Fett 17.3g, Kohlenhydrate 81.5g, Eiweiß 34.6g



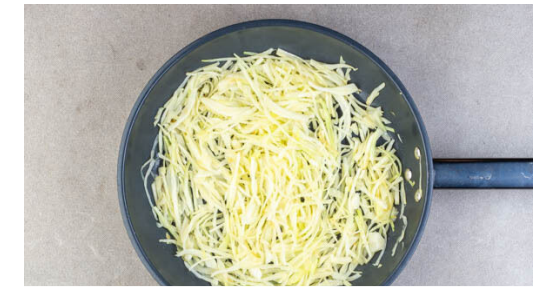
1. Make the lime sauce

Slice the spring onion crosswise on an angle. Zest and juice the lime. Mix the deglazing liquid with lime zest and the juice (ca. 3Tbsp), and a large pinch salt and sugar in a small bowl.



2. Marinate the cucumber

In a salad bowl, mix ½Tbsp vinegar with the spice mix and a pinch of salt and sugar. Thinly slice the cucumber and add to the dressing.



3. Fry the cabbage

Heat up a medium pan on medium-high heat. Add ½Tbsp vegetable oil and fry the cabbage strips for 6-8min. until softened, stirring regularly.



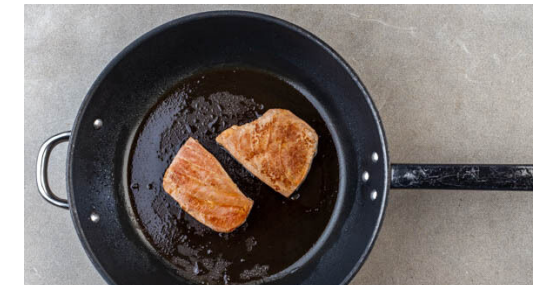
4. Add the aromatics

Add the spring onions and ½ of 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. 100ml 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 ½Tbsp of vegetable oil in another medium 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.