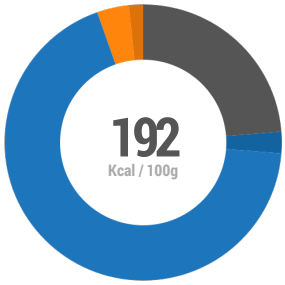
Seared Tuna & Thai Noodle Salad

Vermicelli noodles cooked in a soy glaze with Asian inspired vegetables, topped with a seared tuna supreme

By Mark Irish

Overview ...





CALORIES:

70.9% Carbs

23.7% Protein

5.4% Fat

Food Labelling...

Serves 1

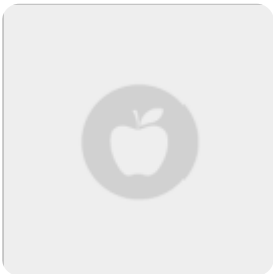
CONTAINS:

WHEAT FISH SESAME SOYA

Recipe Ingredients ...	Quantity:	Description:
31711 M&J Seafood Medium Tuna Suprêmes (skinless, boneless) -	155g	
113270 Thai Taste Rice Vermicelli Noodle Nests 200g -	200g	
124866 Kikkoman Soy Sauce 1L -	10g	
28355 Blue Dragon Fish Sauce -	5g	
21856 Prep Premium Toasted Sesame oil -	2.5g	
113885 Herb Bunched Coriander -	5g	
525271 Red Peppers -	35g	
10473 Spring Onions Bunch -	25g	
114205 Beanshoots -	10g	
10478 Limes -	17.5g	
114212 Chillies Red -	5g	
10380 Ginger -	2g	
13133 Lemon Grass -	2.5g	
10567 Banana Shallots -	20g	
10439 Fresh Garlic -	3g	
5946 Cornflour -	5g	

Products / Pack Sizes ...

1 Serving



Product code

Barcode

503g / 971kcal

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Cooking Instructions & Notes

Preparation:

Defrost the tuna - remove from packaging
Pre-cook the noodles as per packaging instructions, keep warm
Wash, pick & roughly chop the coriander
Thinly slice a quarter of a pepper
Trim & thinly slice the spring onion
Wash the beanshoots
Zest and juice the lime
Thinly slice the chilli
Finely chop the ginger
Finely chop the lemongrass
Peel the shallot - cut into 5mm thick rings
Peel and thinly slice the garlic

Method:

1. Pre-heat the fryer to 180°C
2. Dust the shallot rings in the cornflour. Deep fry until crisp and golden - drain and set aside
3. In a bowl, combine the soy, sesame, lime juice and zest, fish sauce, chilli, ginger, lemon grass and garlic - mix well
4. in a separate bowl combine the peppers, bean shoots, spring onions and half of the chillies with the cooked noodles
5. Add some of the soy dressing to the noodles and mix well - set aside
6. Lightly oil and season the tuna, then place a pan/griddle pan onto a high heat
7. Once the pan is hot sear the tuna for approx. 1 min on each side - remove
8. Twist a portion of noodles into the centre of a plate, and top with the tuna
9. Add the crispy shallots, reserved chilli and coriander
10. Finally drizzle with the reserved dressing and serve!