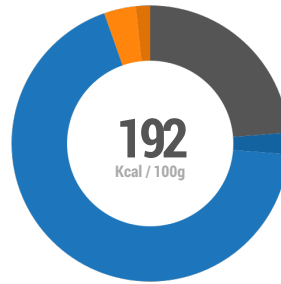


# Seared Tuna & Thai Noodle Salad

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

By Mark Irish from Brakes

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) - BRAKES	<b>155g</b>	
113270 Thai Taste Rice Vermicelli Noodle Nests 200g - BRAKES	<b>200g</b>	
124866 Kikkoman Soy Sauce 1L - BRAKES	<b>10g</b>	
28355 Blue Dragon Fish Sauce - BRAKES	<b>5g</b>	
21856 Prep Premium Toasted Sesame oil - BRAKES	<b>2.5g</b>	
113885 Herb Bunched Coriander - BRAKES	<b>5g</b>	
525271 Red Peppers - BRAKES	<b>35g</b>	
10473 Spring Onions Bunch - BRAKES	<b>25g</b>	
114205 Beanshoots - BRAKES	<b>10g</b>	
10478 Limes - BRAKES	<b>17.5g</b>	
114212 Chillies Red - BRAKES	<b>5g</b>	
10380 Ginger - BRAKES	<b>2g</b>	
13133 Lemon Grass - BRAKES	<b>2.5g</b>	
10567 Banana Shallots - BRAKES	<b>20g</b>	
10439 Fresh Garlic - BRAKES	<b>3g</b>	
5946 Brakes Cornflour - BRAKES	<b>5g</b>	

Products / Pack Sizes ...

1 Serving



*Product code*

*Barcode*

503g / 971kcal

# 1

#### 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!