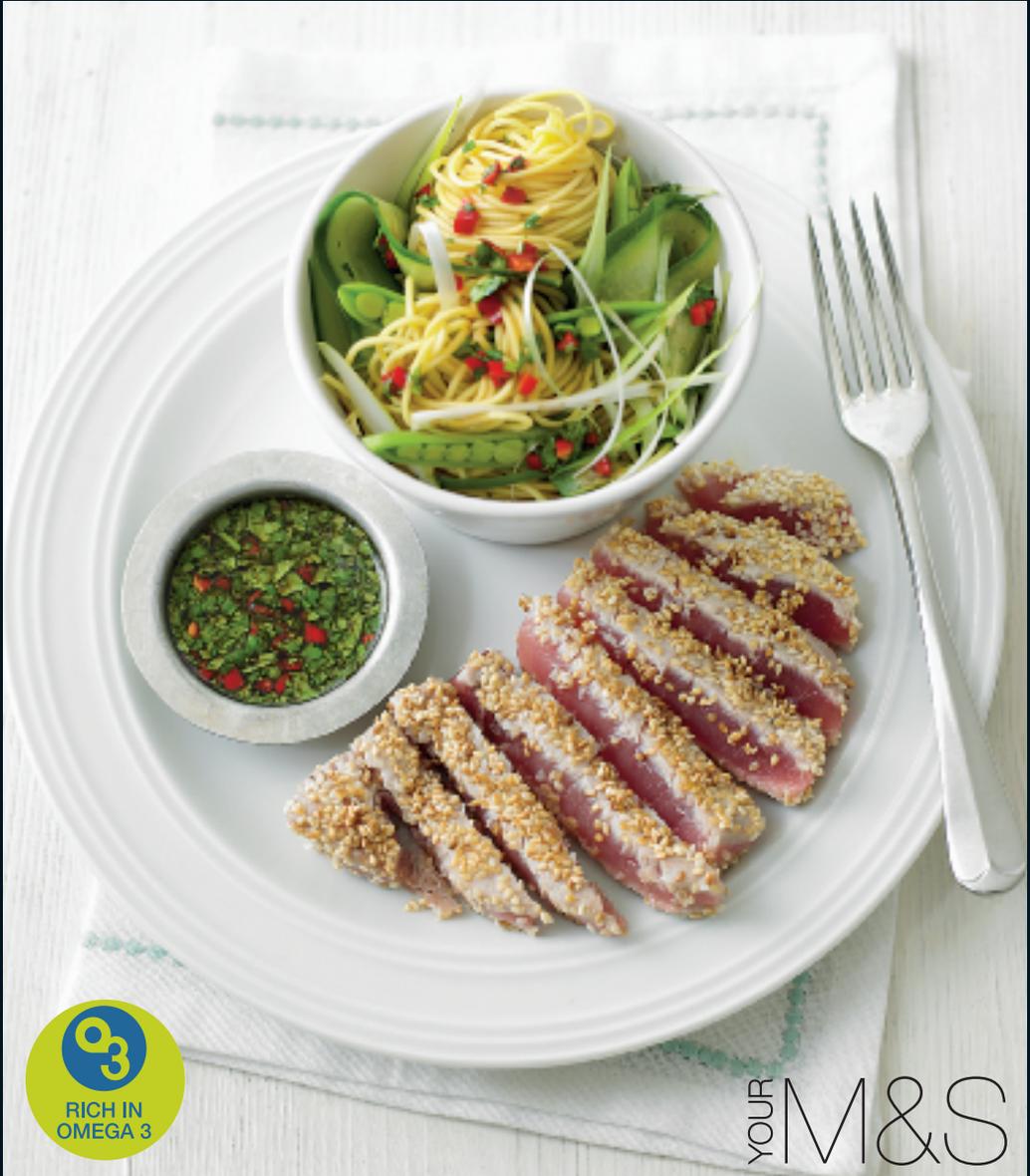


RECIPE CARD | SUMMER

SESAME CRUSTED TUNA with Asian-style noodles



YOUR M&S

great food starts with great ingredients

SESAME CRUSTED TUNA with Asian-style noodles

Preparation 15 minutes

Cooking 5 minutes

SERVES 2 | DIFFICULTY RATING: EASY ●○○○

Ingredients you will need from M&S

- * 275g pack ready-prepared fine egg noodles
- * 4 salad onions, shredded
- * 150g sugar snap peas, halved lengthways
- * 50g cucumber, cut into ribbons
- * 2 tuna steaks
- * 1 tbsp olive oil
- * 3 tbsp sesame seeds

For the sauce:

- * 1 red chilli, deseeded and finely chopped
- * 1 tbsp finely chopped coriander
- * 1 tbsp soy sauce
- * 1 tbsp ketjap manis
- * 1 tsp sesame oil
- * juice of 1 lime

- 1 Mix the noodles with the salad onions, sugar snap peas and cucumber.
- 2 To make the sauce, whisk all the ingredients together. Mix 2 tbsp into the noodle salad and divide the remainder between two small dipping pots.
- 3 Heat 1 tsp olive oil in a small frying pan. Season the tuna steaks and brush with the remaining olive oil. Coat with the sesame seeds. Sear in the hot pan for 30 seconds to 1 minute each side until cooked on the outside and pink in the middle, or cooked to your liking. Slice into strips and serve with the noodle salad and dipping sauce.

EACH SERVING PROVIDES

CALLS 582	SUGARS 7.7g	FAT 25.6g	SAT FAT 4.4g	SALT 1.75g
29%	9%	37%	22%	29%

OF YOUR GUIDELINE DAILY AMOUNT

TIP Don't have dipping pots? Add all the sauce to the noodles and mix. You can also use dry egg noodles – cook, cool then follow the method.



Prices correct at time of going to print



Mixed Sources

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WINE SUGGESTION

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IN THE BASKET

