

**Miele**

# Olive oil poached tuna with fragrant tabouli

By Miele

**30 minutes plus marinating time**

Preparation time

**2 hours 25 minutes**

Cooking time

**4**

Serves



## INGREDIENTS

### Fragrant tabouli

1 cup tri-colour quinoa, rinsed and strained  
185 ml ( $\frac{3}{4}$  cup) boiling water  
2 tbsp olive oil  
1 tsp fenugreek seeds  
1 tsp brown mustard seeds  
2 tsp cumin seeds  
2 tsp black sesame seeds  
4 home made or store bought pickled lime, seeds removed and chopped  
1 cup parsley leaves  
1 cup mint leaves  
1 cup coriander leaves  
 $\frac{1}{2}$  red capsicum, finely diced  
1 lime, zested and juiced  
Verjuice, to taste  
Olive oil, to taste  
Salt flakes, to taste  
Makrut leaves, finely sliced (optional)

### Olive oil poached tuna

600 g fresh tuna, sliced 2cm thick  
1 lime, juiced  
Salt flakes, to taste  
125 ml ( $\frac{1}{2}$  cup) olive oil

## **METHOD**

### **Fragrant tabouli**

1. Place the quinoa in an unperforated steam tray and pour over the boiling water, stand for 30 minutes to allow the quinoa to swell.
2. Meanwhile heat the olive oil in a small saucepan with the seeds on medium heat, Induction setting 6, for 2-3 minutes or until fragrant. When seeds begin to pop remove from heat. Add the seeds and olive oil to the quinoa. Mix well to combine.
3. Place the quinoa into the steam oven and Steam at 100°C for 20 minutes. Remove from oven and set aside to cool for 10 minutes.
4. Add the pickled lime along with the herbs and zest and juice of lime, mix well to combine. Season to taste with verjuice, olive oil and salt flakes.

### **Olive oil poached tuna**

1. Place the tuna slices into a large vacuum sealing bag along the lime juice, salt and olive oil. Place into the vacuum sealing drawer and Vacuum on setting 3 and Seal on setting 3. Place into the fridge and marinate overnight.
2. Place the bag onto a wire rack on shelf position 2 in the steam oven. Sous-vide at 60°C for 25 minutes. Rest in the bag for 10 minutes.
3. Serve tuna with fragrant tabouli drizzled and the lime pickle.

## **HINTS AND TIPS**

- If making the tabouli in advance, reserve the addition of the fresh herbs until just before serving to ensure freshness of flavour.
- Marinating tuna overnight will provide a more flavoursome dish, however this is not essential.