



HEALTH SCORE

70%

Fennel-Crusted Ahi Tuna with Lemon Aïoli Over Couscous



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



639 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 pounds ahi tuna steak thick ()
- ☐ 1 teaspoon peppercorns whole black
- ☐ 1 carrots peeled coarsely chopped
- ☐ 1 teaspoon coriander seeds
- ☐ 2 cups couscous
- ☐ 2 teaspoons fennel seeds
- ☐ 3 tablespoons chives fresh chopped

- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 2 teaspoons thyme sprigs fresh chopped
- ☐ 4 garlic clove divided minced
- ☐ 1.5 teaspoons kosher salt divided
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 cup mayonnaise
- ☐ 0.5 cup olive oil extra virgin extra-virgin divided
- ☐ 0.3 cup onion red chopped
- ☐ 0.5 pound sugar snap peas
- ☐ 2.3 cups water

Equipment

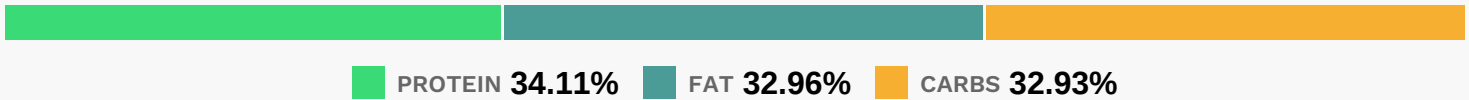
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ grill
- ☐ slotted spoon

Directions

- ☐ Combine first 3 ingredients in heavy small skillet. Toast over medium heat until fragrant, shaking skillet occasionally, about 3 minutes. Grind spice mixture in spice grinder.
- ☐ Transfer to bowl; mix in 1 teaspoon salt.
- ☐ Whisk mayonnaise, lemon juice, chives, and half of garlic in small bowl. (Can be made 2 days ahead. Store spice mixture airtight at room temperature. Cover and refrigerate lemon aioli.)
- ☐ Heat 2 tablespoons oil in heavy large skillet over medium-high heat.
- ☐ Add carrot and onion and sauté until crisp-tender, about 3 minutes.
- ☐ Add thyme and remaining garlic and sauté 1 minute.
- ☐ Add 2 1/4 cups water and remaining 1/2 teaspoon salt; bring to boil.

- ☐ Add sugar snap peas and cook until crisp–tender, about 1 minute. Using slotted spoon,transfer peas to plate. Immediately add couscous to water in skillet and stir to combine.Cover and remove from heat.
- ☐ Let stand 5 minutes. Fluff couscous with fork.
- ☐ Transfer to bowl and cool completely.
- ☐ Mix in sugar snap peas and dill. Season to taste with pepper. (Couscous can be made 2 hours ahead.
- ☐ Let stand at room temperature.)
- ☐ Prepare barbecue (high heat). Coat tuna with 6 tablespoons oil.
- ☐ Sprinkle with spice mixture. Grill tuna until seared outside and rare in center, about 4 minutes per side. Refrigerate uncovered for 1 hour, then cut into 1/2–inch–thick slices. Spoon couscous onto plates. Top with tuna and drizzle with lemon aioli.

Nutrition Facts



Properties

Glycemic Index:59.31, Glycemic Load:27.97, Inflammation Score:-10, Nutrition Score:41.904348020968%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 0.49mg, Isorhamnetin: 0.49mg, Isorhamnetin: 0.49mg, Isorhamnetin: 0.49mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg

Nutrients (% of daily need)

Calories: 638.53kcal (31.93%), Fat: 22.87g (35.19%), Saturated Fat: 4.44g (27.77%), Carbohydrates: 51.42g (17.14%), Net Carbohydrates: 46.37g (16.86%), Sugar: 2.53g (2.81%), Cholesterol: 77.05mg (25.68%), Sodium: 754.6mg (32.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.26g (106.51%), Vitamin B12: 17.84µg (297.29%), Vitamin A: 6355.99IU (127.12%), Selenium: 70.01µg (100.01%), Vitamin B3: 18.8mg (94.01%), Vitamin D: 10.8µg (71.98%), Phosphorus: 617.12mg (61.71%), Vitamin B6: 1.04mg (52.19%), Vitamin B1: 0.63mg (41.89%), Manganese: 0.79mg (39.6%), Vitamin K: 37.7µg (35.9%), Magnesium: 139.35mg (34.84%), Vitamin C: 28.59mg (34.66%), Vitamin B2: 0.57mg (33.68%), Vitamin B5: 3.09mg (30.87%), Iron: 3.87mg (21.49%), Potassium: 740.43mg (21.16%),

Vitamin E: 3.05mg (20.35%), Fiber: 5.05g (20.18%), Copper: 0.39mg (19.61%), Zinc: 1.88mg (12.51%), Folate: 38.27µg (9.57%), Calcium: 76.02mg (7.6%)