

 **100%**
HEALTH SCORE

Herb-Seared Tuna with Caponata and Warm Lemon Creme Fraiche

 **Gluten Free**  **Very Healthy**

READY IN



100 min.

SERVINGS



2

CALORIES



1009 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 fillet anchovy coarsely chopped
- 2 tablespoons balsamic vinegar
- 3 tablespoons capers drained
- 2 cups chicken stock see
- 0.3 cup crème fraîche
- 4 large japanese eggplants italian cubed
- 0.5 bunch basil fresh

- 1 cup herbs fresh such as basil, parsley, and chives finely chopped
- 1 garlic clove
- 3 garlic cloves minced
- 0.5 cup kalamata olives pitted
- 2 servings kosher salt and pepper black freshly ground
- 1 lemon zest finely grated
- 0.5 cup olive oil extra-virgin
- 2 servings olive oil extra-virgin
- 1 medium onion diced
- 0.3 cup raisins
- 1 bell pepper red chopped
- 1 teaspoon pepper flakes red
- 1 pinch sugar
- 2 tomatoes halved coarsely chopped
- 1 pound sushi-quality tuna loin

Equipment

- frying pan
- sauce pan
- pot
- immersion blender
- cutting board

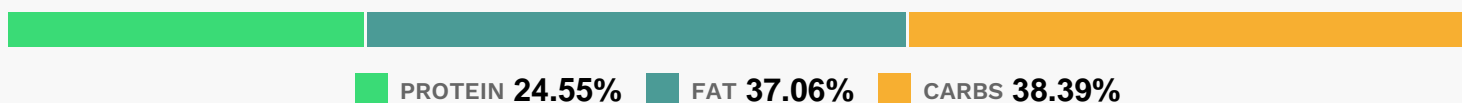
Directions

- Pour the oil in a large, deep skillet over medium heat.
- Add the anchovies and red pepper flakes and cook and stir for a few minutes to create a base flavor. Fry the eggplant in the anchovy oil, until it gets brown and sticky, stirring often.
- Add the tomatoes, red pepper, onion, and garlic, continue to cook until the vegetables break down and soften, about 15 minutes. Toss in the capers, raisins, olives, balsamic vinegar, sugar,

and basil; season with salt and pepper. Lower the heat and slowly simmer until thick, about 20 to 30 minutes. The caponata tastes great hot, cold or at room temperature.

- Put the chicken stock, garlic, and lemon zest in a saucepan and place over medium heat. Simmer gently until the stock is reduced by half and thickened slightly. Take the pot off the heat, fish out the garlic, and add the creme fraiche. Just before you are ready to plate the dish, buzz the sauce with a handheld blender until it's thick and frothy.
- To make the tuna: Rub a little olive oil on the piece of tuna. and season with a fair amount of salt and pepper.
- Put the chopped herbs in a flat dish and roll in the herbs to coat.
- Place a large skillet over medium-high heat and coat with 2 tablespoons of olive oil. When the oil gets hazy, lay the herb-coated tuna in the hot pan and sear for approximately 1 1/2 minutes on each side; as the tuna cooks, the red meat will become whiter.
- Transfer the tuna to a cutting board and slice.
- To serve: Spoon the caponata on the bottom of 2 plates, lay the herb-seared tuna slices around the center, and drizzle the whole thing with the frothy lemon creme fraiche sauce.

Nutrition Facts



Properties

Glycemic Index:249.95, Glycemic Load:21.28, Inflammation Score:-10, Nutrition Score:71.140434265137%

Flavonoids

Delphinidin: 784.92mg, Delphinidin: 784.92mg, Delphinidin: 784.92mg, Delphinidin: 784.92mg Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 64.7mg, Apigenin: 64.7mg, Apigenin: 64.7mg, Apigenin: 64.7mg Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 16.7mg, Kaempferol: 16.7mg, Kaempferol: 16.7mg, Kaempferol: 16.7mg Myricetin: 4.72mg, Myricetin: 4.72mg, Myricetin: 4.72mg, Myricetin: 4.72mg Quercetin: 33.28mg, Quercetin: 33.28mg, Quercetin: 33.28mg, Quercetin: 33.28mg

Nutrients (% of daily need)

Calories: 1009.18kcal (50.46%), Fat: 43.61g (67.09%), Saturated Fat: 8.9g (55.65%), Carbohydrates: 101.66g (33.89%), Net Carbohydrates: 65.95g (23.98%), Sugar: 48.81g (54.24%), Cholesterol: 109.41mg (36.47%), Sodium: 1786.62mg (77.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 65.01g (130.01%), Vitamin K: 566.26µg (539.3%), Selenium: 167.06µg (238.66%), Vitamin C: 165.48mg (200.58%), Vitamin B3: 35.42mg (177.11%), Fiber: 35.71g (142.84%), Manganese: 2.73mg (136.66%), Vitamin A: 6498.89IU (129.98%), Vitamin B6: 2.18mg (108.88%),

Potassium: 3713.55mg (106.1%), Vitamin B12: 5.93µg (98.77%), Folate: 333.27µg (83.32%), Phosphorus: 738.98mg (73.9%), Vitamin E: 10.93mg (72.84%), Copper: 1.33mg (66.56%), Magnesium: 256.43mg (64.11%), Iron: 10.64mg (59.1%), Vitamin B2: 0.98mg (57.82%), Vitamin B1: 0.69mg (46.25%), Vitamin B5: 3.61mg (36.1%), Zinc: 4.5mg (30.02%), Calcium: 293mg (29.3%), Vitamin D: 2.72µg (18.14%)