



Linguine with Seared Tuna and Green-Olive Tapenade

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



725 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pound tuna steak thick cut into 3-inch squares
- 0.5 teaspoon anchovy paste
- 0.3 cup lightly flat-leaf parsley with thick stems removed packed
- 1 clove garlic smashed
- 0.5 cup olives green pitted
- 0.5 teaspoon fresh-ground pepper black
- 1.5 teaspoons juice of lemon

- 0.8 pound pasta
- 7 tablespoons olive oil
- 0.5 teaspoon salt

Equipment

- food processor
- bowl
- frying pan
- pot
- blender
- grill pan

Directions

- In a food processor or blender, pulse the olives, parsley, and garlic to a coarse puree with the anchovy paste, 6 tablespoons of the olive oil, the lemon juice, and 1/4 teaspoon each of the salt and pepper. Put three-quarters of the mixture in a large bowl.
- Heat a grill pan or heavy frying pan over moderate heat. Coat the tuna with the remaining 1 tablespoon oil and season with the remaining 1/4 teaspoon salt and 1/4 teaspoon pepper. Cook about 1 1/2 minutes per side.
- Remove the tuna.
- Let sit for 3 minutes. The fish will be rare.
- Cut it into 1/4-inch slices.
- In a large pot of boiling, salted water, cook the linguine until just done, about 12 minutes. Reserve about 1/2 cup of the pasta water.
- Drain the linguine, add it and 1/4 cup of the reserved pasta water to the bowl with the olive mixture, and toss. If the sauce seems too thick, add more of the reserved pasta water. Mound the pasta on plates and top with the tuna. Spoon the remaining olive mixture on top.
- Wine Recommendation: The richness of the tuna and the saltiness of the tapenade are delightful accompanied by a light, fruity red--a Ctes-du-Rhne from Southern France or a barbera from Italy.

Nutrition Facts

PROTEIN 21.23% FAT 42.61% CARBS 36.16%

Properties

Glycemic Index:34, Glycemic Load:25.68, Inflammation Score:-9, Nutrition Score:34.584347890771%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 10.8mg, Apigenin: 10.8mg, Apigenin: 10.8mg, Apigenin: 10.8mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 725.4kcal (36.27%), Fat: 34.05g (52.39%), Saturated Fat: 5.41g (33.83%), Carbohydrates: 65.01g (21.67%), Net Carbohydrates: 61.48g (22.36%), Sugar: 2.46g (2.73%), Cholesterol: 43.73mg (14.58%), Sodium: 634.27mg (27.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.17g (76.33%), Vitamin B12: 10.7µg (178.33%), Selenium: 95.93µg (137.04%), Vitamin K: 97.58µg (92.94%), Vitamin A: 2964.85IU (59.3%), Vitamin B3: 11.52mg (57.62%), Phosphorus: 455.93mg (45.59%), Vitamin D: 6.48µg (43.18%), Manganese: 0.85mg (42.55%), Vitamin E: 5.47mg (36.45%), Vitamin B6: 0.66mg (32.94%), Magnesium: 107.38mg (26.85%), Vitamin B1: 0.36mg (24.03%), Vitamin B2: 0.35mg (20.35%), Copper: 0.38mg (18.98%), Vitamin B5: 1.6mg (16.03%), Iron: 2.87mg (15.93%), Potassium: 522.86mg (14.94%), Fiber: 3.53g (14.11%), Zinc: 1.97mg (13.14%), Vitamin C: 7.61mg (9.22%), Folate: 26.22µg (6.56%), Calcium: 47.35mg (4.73%)