



Olive Oil Poached Tuna Infused with Thyme, Lemon, and Shallots

 Very Healthy

READY IN



75 min.

SERVINGS



4

CALORIES



1509 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings serving suggestion: sauteed broccoli rabe
- ☐ 1 teaspoon pepper red crushed
- ☐ 2 pounds green lentils french
- ☐ 4 servings fleur del sel for seasoning
- ☐ 3 cloves garlic crushed peeled
- ☐ 6 cloves garlic chopped fine
- ☐ 4 servings kosher salt and pepper black freshly ground

- ☐ 0.5 optional: lemon sliced
- ☐ 4 servings rosemary stewed lentils
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 4 cups olive oil extra-virgin
- ☐ 4 sprigs rosemary chopped
- ☐ 2 shallots sliced
- ☐ 4 shallots finely chopped
- ☐ 10 sprigs thyme leaves
- ☐ 1 cup tomato purée
- ☐ 20 ounce sushi-grade tuna

Equipment

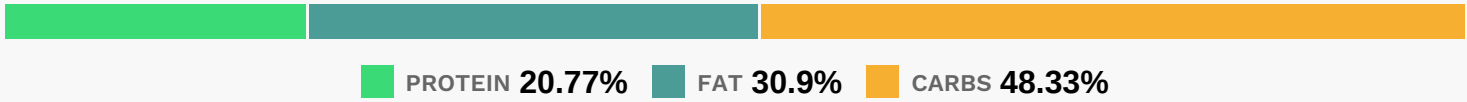
- ☐ pot

Directions

- ☐ Season the tuna with salt and pepper and set aside.
- ☐ Combine the oil, thyme, lemon, garlic, red pepper and shallots in a large saucepot. Warm the oil over medium heat until it reaches 130 degrees F.
- ☐ Let the flavors steep for 10 minutes. Re-test the temperature, adjusting the heat, if necessary. Submerge the tuna in the olive oil poaching liquid and cook until it is firm and medium-rare, approximately 5 minutes.
- ☐ Remove the tuna from the oil. Slice each piece. Arrange the tuna medallions over stewed lentils accompanied by sauteed broccoli rabe.
- ☐ Serve seasoned with Fleur de Sel and moistened with the olive oil poaching liquid.
- ☐ Place the lentils in a pot.
- ☐ Add enough cold water to cover them by 2 inches. Season the water with salt then simmer the lentils over medium-high heat, stirring frequently, until the lentils are chewy, about 15 minutes.
- ☐ Drain the lentils and reserve.
- ☐ Heat the olive oil in a medium pot, over medium-low flame.

- ☐
- Add the shallots, garlic, crushed red pepper, and rosemary. Cook stirring frequently until the shallots and garlic are golden, about 10 minutes.
- ☐
- Add the tomato puree and cook until it begins to concentrate, about 7 minutes. Then add the lentils. Stew the lentils in the sauce over a very low flame until they are fully tender but still holding their shape, about 10 minutes.
- ☐
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:93.43, Glycemic Load:22.41, Inflammation Score:-10, Nutrition Score:75.727825994077%

Flavonoids

Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Luteolin: 1.68mg, Luteolin: 1.68mg, Luteolin: 1.68mg, Luteolin: 1.68mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 8.06mg, Quercetin: 8.06mg, Quercetin: 8.06mg, Quercetin: 8.06mg Gallocatechin: 0.38mg, Gallocatechin: 0.38mg, Gallocatechin: 0.38mg, Gallocatechin: 0.38mg

Nutrients (% of daily need)

Calories: 1509.16kcal (75.46%), Fat: 52.97g (81.49%), Saturated Fat: 7.39g (46.17%), Carbohydrates: 186.4g (62.13%), Net Carbohydrates: 93.84g (34.12%), Sugar: 12.93g (14.37%), Cholesterol: 0mg (0%), Sodium: 318.4mg (13.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 80.11g (160.21%), Vitamin K: 552.42µg (526.12%), Folate: 1512.72µg (378.18%), Fiber: 92.56g (370.22%), Manganese: 4.91mg (245.56%), Vitamin B1: 2.8mg (186.65%), Iron: 27.98mg (155.43%), Phosphorus: 1456.35mg (145.63%), Vitamin A: 6641.55IU (132.83%), Vitamin B6: 2.18mg (109.09%), Magnesium: 412.16mg (103.04%), Zinc: 15.28mg (101.84%), Potassium: 3524.89mg (100.71%), Vitamin C: 80.88mg (98.04%), Vitamin E: 13.51mg (90.09%), Copper: 1.77mg (88.63%), Vitamin B5: 7.02mg (70.23%), Vitamin B2: 0.95mg (56.01%), Vitamin B3: 11.04mg (55.2%), Calcium: 451.78mg (45.18%), Selenium: 26.85µg (38.36%)