



Sesame Tuna Burgers with Fried Shoestring Zucchini



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



300 min.

SERVINGS



4

CALORIES



2767 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb well-chilled sushi-grade tuna steaks
- ☐ 1 cup sesame seed hulled (3 oz)
- ☐ 1 tablespoon soy sauce plus additional for serving
- ☐ 36 fl. oz. vegetable oil
- ☐ 4 medium zucchini (2 lb total)

Equipment

- ☐ bowl

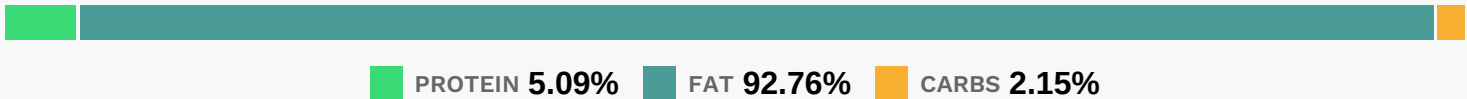
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ knife
- ☐ pot
- ☐ sieve
- ☐ plastic wrap
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ slotted spoon

Directions

- ☐ Put oven rack in middle position and preheat oven to 350°F. Toast sesame seeds in a shallow baking pan in oven, stirring occasionally, until golden, 12 to 15 minutes. Cool completely.
- ☐ Transfer 2 tablespoons seeds to a small bowl and 1/4 cup to grinder.
- ☐ Transfer remaining 3/4 cup to a wide shallow bowl.
- ☐ Halve 3 zucchini crosswise, then cut lengthwise into 3/4-inch shoestrings using slicer. Toss with 1 teaspoon salt in a large sieve set over a bowl and drain 30 minutes.
- ☐ Squeeze handfuls of zucchini to remove moisture, then roll up in a triple layer of paper towels and squeeze to remove remaining moisture.
- ☐ Finely chop tuna with a large wet knife (about 3/4-inch pieces). Stir together soy sauce, 2 tablespoons oil, 1/4 teaspoon salt, and 1/4 teaspoon pepper in a bowl, then stir in tuna. Divide tuna mixture into 4 portions. Pack 1 portion in a 1/2-cup measure, then invert onto seeds in shallow bowl. Gently press tuna to form a patty 3 1/2 inches in diameter, then coat completely with seeds and transfer to a wax-paper-lined plate. Form, coat, and transfer 3 more burgers in same manner. Chill, covered with plastic wrap, until ready to cook. Discard any sesame seeds remaining in shallow bowl.
- ☐ Grind seeds that are already in grinder, pulsing until ground to a flour, then add to remaining seeds (2 tablespoons) in small bowl.
- ☐ Remove julienne attachment from slicer, then cut remaining zucchini lengthwise into 3/4-inch-thick ribbons using slicer. Gently toss with 1/4 teaspoon salt in a large bowl and set aside (zucchini will wilt and become tender).

- ☐ Heat 1 inch oil in a 5- to 6-quart heavy pot over moderate heat until thermometer registers 330°F.
- ☐ Toss all of shoestring zucchini with half of sesame mixture in another large bowl, then fry in 4 batches, turning occasionally with a slotted spoon, until zucchini are golden, about 2 minutes per batch. (Return oil to 330°F between batches.)
- ☐ Transfer zucchini as fried to paper towels to drain. Toss each batch of zucchini immediately with some of remaining sesame mixture.
- ☐ Heat 3 tablespoons oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking. Cook burgers, turning over once, about 2 minutes total for medium-rare tuna (seeds should be golden brown).
- ☐ Drain zucchini ribbons and divide among 4 plates, then top with burgers and fried shoestring zucchini.
- ☐ Serve burgers with additional soy sauce on the side.

Nutrition Facts



Properties

Glycemic Index:16.25, Glycemic Load:2.18, Inflammation Score:-10, Nutrition Score:51.736521596494%

Flavonoids

Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 2766.78kcal (138.34%), Fat: 290.94g (447.61%), Saturated Fat: 44.79g (279.92%), Carbohydrates: 15.14g (5.05%), Net Carbohydrates: 8.72g (3.17%), Sugar: 5.09g (5.65%), Cholesterol: 43.09mg (14.36%), Sodium: 315.4mg (13.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.95g (71.9%), Vitamin K: 497.84µg (474.13%), Vitamin B12: 10.69µg (178.22%), Vitamin E: 23.23mg (154.88%), Copper: 1.74mg (86.91%), Selenium: 54.72µg (78.17%), Manganese: 1.31mg (65.44%), Vitamin B3: 12.57mg (62.84%), Phosphorus: 604.24mg (60.42%), Vitamin A: 2870.86IU (57.42%), Vitamin B6: 1.14mg (57.03%), Magnesium: 225.4mg (56.35%), Vitamin B1: 0.66mg (44.05%), Vitamin D: 6.46µg (43.09%), Vitamin C: 35.08mg (42.53%), Iron: 7.5mg (41.66%), Calcium: 406.96mg (40.7%), Vitamin B2: 0.57mg (33.43%), Zinc: 4.23mg (28.22%), Potassium: 982.36mg (28.07%), Fiber: 6.42g (25.68%), Folate: 86.49µg (21.62%), Vitamin B5: 1.63mg (16.31%)