



Soy tuna with wasabi mash

 Gluten Free

READY IN



25 min.

SERVINGS



2

CALORIES



462 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tbsp soya sauce
- ☐ 1 tbsp rice vinegar
- ☐ 1 tbsp sugar
- ☐ 5 oz ahi tuna steak
- ☐ 500 g potatoes
- ☐ 100 ml milk
- ☐ 2 tsp wasabi paste (see Know-how)
- ☐ 1 spring onion finely sliced

☐ 2 servings avarakkai / broad beans frozen

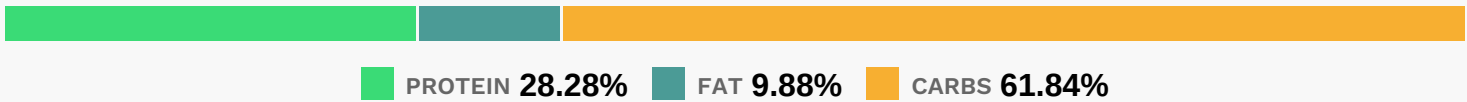
Equipment

☐ frying pan

Directions

- ☐ Mix together the soy sauce, vinegar and sugar.
- ☐ Pour over the tuna and marinate for at least 20 mins or up to 2 hrs in the fridge.
- ☐ Place the potatoes in a pan of lightly salted boiling water, then cook for 10–15 mins until soft.
- ☐ Drain well.
- ☐ Heat the milk in the pan and mix in the wasabi, return the potatoes to the pan, then mash until smooth. Stir through the spring onion and keep warm.
- ☐ Heat a non-stick griddle pan until smoking hot.
- ☐ Remove the tuna from the marinade. Cook on the griddle for 2–3 mins on each side until seared on the outside, but still pink inside. Cook the broad or soy beans according to pack instructions, then serve alongside the tuna and mash.

Nutrition Facts



Properties

Glycemic Index:154.42, Glycemic Load:43.55, Inflammation Score:-9, Nutrition Score:36.343043741973%

Flavonoids

Kaempferol: 2.08mg, Kaempferol: 2.08mg, Kaempferol: 2.08mg, Kaempferol: 2.08mg Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg

Nutrients (% of daily need)

Calories: 462.11kcal (23.11%), Fat: 5.12g (7.87%), Saturated Fat: 1.64g (10.28%), Carbohydrates: 72.07g (24.02%), Net Carbohydrates: 61.16g (22.24%), Sugar: 12.63g (14.03%), Cholesterol: 30.92mg (10.31%), Sodium: 1580.62mg (68.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.95g (65.91%), Vitamin B12: 6.95µg (115.8%), Vitamin C: 52.83mg (64.04%), Vitamin B6: 1.21mg (60.61%), Vitamin B3: 10.56mg (52.81%), Phosphorus: 517.52mg (51.75%), Potassium: 1633.88mg (46.68%), Manganese: 0.93mg (46.52%), Fiber: 10.91g (43.62%), Selenium: 30.43µg (43.47%), Magnesium: 150.93mg (37.73%), Folate: 142.95µg (35.74%), Vitamin A: 1677.52IU (33.55%), Vitamin B1:

0.5mg (33.3%), Copper: 0.61mg (30.34%), Vitamin B2: 0.48mg (28.2%), Vitamin D: 4.04µg (26.93%), Iron: 4.76mg (26.45%), Vitamin B5: 1.92mg (19.16%), Vitamin K: 19.76µg (18.82%), Zinc: 2.48mg (16.53%), Calcium: 143.11mg (14.31%), Vitamin E: 0.8mg (5.33%)