



# Tuna Kofte with Pomegranate Molasses-Mint Glaze with Crushed Spicy Hummus

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

READY IN



185 min.

SERVINGS



4

CALORIES



954 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 45 ounce chickpeas rinsed drained well canned
- 5 tablespoons canola oil
- 0.1 teaspoon cayenne pepper
- 2 teaspoons dijon mustard
- 1 leaf flat parsley leaves fresh for garnish
- 0.3 cup flat-leaf parsley fresh whole chopped for serving
- 8 mint leaves fresh finely chopped

- 1.5 pounds tuna fresh
- 2 cloves garlic smashed
- 4 cloves garlic smashed
- 0.5 teaspoon ground allspice
- 0.5 teaspoon ground cinnamon
- 1 teaspoon ground cumin
- 1 tablespoon r honey
- 1 teaspoons honey
- 3 dashes hot sauce such as tabasco, optional
- 1 juice of lemon
- 4 servings kosher salt and pepper black freshly ground
- 2 teaspoons juice of lemon fresh
- 1 lemon zest
- 0.5 cup olive oil extra-virgin
- 0.5 cup pomegranate molasses
- 1 small onion diced red finely
- 1 serrano chile sliced
- 2 teaspoons sesame oil toasted
- 0.3 cup tahini
- 3 tablespoons tomato paste

## Equipment

- food processor
- bowl
- frying pan
- whisk
- potato masher
- grill
- skewers

- wooden skewers

## Directions

- Watch how to make this recipe.
- Special equipment: 12 wooden skewers soaked in water for 1 hour
- Whisk together the pomegranate molasses, honey, lemon juice, mustard and mint and season with salt and pepper.
- Let the glaze sit at room temperature for at least 30 minutes.
- Heat 2 tablespoons canola oil in a small saute pan over high heat.
- Add the onions and cook until soft, about 4 minutes.
- Add the garlic and cook for 30 seconds.
- Add the tomato paste, cumin, allspice and cayenne, and cook 1 minute more.
- Remove from the heat and let cool slightly.
- Cut the tuna into large chunks and add it to a food processor along with the cooled spice mixture, the 1/4 cup chopped parsley and lemon zest. Season with salt and pepper. Process until fairly smooth.
- Transfer to a bowl and chill for at least 1 hour.
- Preheat a charcoal grill to high heat using the direct heat method.
- Divide the tuna mixture into 12 equal portions and roll into footballs.
- Brush the koftes with some of the remaining oil and sprinkle with salt and pepper. Grill until golden brown and slightly charred on all sides and just cooked through, about 2 minutes per side. Reserve some of the glaze for serving, and then brush the koftes with some of the remaining glaze each time you turn.
- Transfer the skewers to a platter and mound some of the Spicy Hummus next to them.
- Drizzle the kebabs with more glaze and scatter the parsley leaves over the top.
- Put two-thirds of the chickpeas in a food processor along with the tahini, sesame oil, honey, garlic, chile, lemon juice, hot sauce if using and season with salt and pepper. Puree until almost smooth. With the machine running, drizzle in enough olive oil to make a smooth but thick puree.
- Transfer to a serving bowl.

Put the remaining chickpeas in a bowl and mash coarsely with a potato masher. Spoon the mashed chickpeas on top of the puree.

Drizzle with olive oil and scatter parsley leaves over the top.

## Nutrition Facts

**PROTEIN 24.71%** **FAT 44.6%** **CARBS 30.69%**

### Properties

Glycemic Index:115.47, Glycemic Load:16.58, Inflammation Score:-10, Nutrition Score:56.486521264781%

### Flavonoids

Eriodictyol: 1.11mg, Eriodictyol: 1.11mg, Eriodictyol: 1.11mg, Eriodictyol: 1.11mg Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 8.75mg, Apigenin: 8.75mg, Apigenin: 8.75mg, Apigenin: 8.75mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg Quercetin: 5.95mg, Quercetin: 5.95mg, Quercetin: 5.95mg, Quercetin: 5.95mg

### Nutrients (% of daily need)

Calories: 953.7kcal (47.68%), Fat: 47.83g (73.59%), Saturated Fat: 6.29g (39.3%), Carbohydrates: 74.04g (24.68%), Net Carbohydrates: 57.31g (20.84%), Sugar: 19.21g (21.35%), Cholesterol: 64.64mg (21.55%), Sodium: 1089.05mg (47.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 59.63g (119.26%), Vitamin B12: 16.04µg (267.34%), Manganese: 2.91mg (145.65%), Vitamin B6: 2.45mg (122.45%), Selenium: 76.02µg (108.61%), Vitamin A: 4429.28IU (88.59%), Phosphorus: 842.14mg (84.21%), Vitamin B3: 16.6mg (83%), Vitamin K: 83.69µg (79.7%), Fiber: 16.73g (66.93%), Vitamin D: 9.7µg (64.64%), Vitamin B1: 0.8mg (53.14%), Magnesium: 203.01mg (50.75%), Copper: 0.97mg (48.69%), Iron: 7.68mg (42.67%), Vitamin E: 6.2mg (41.36%), Potassium: 1210.21mg (34.58%), Vitamin B2: 0.54mg (31.98%), Folate: 116.09µg (29.02%), Vitamin B5: 2.88mg (28.82%), Zinc: 4.23mg (28.21%), Vitamin C: 19.75mg (23.93%), Calcium: 189.73mg (18.97%)