



Tuna with Coconut-Curry Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



614 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup basil fresh
- ☐ 1 cup coconut milk canned
- ☐ 4 cups rice hot cooked
- ☐ 1.5 teaspoons curry paste red
- ☐ 2 tablespoons cilantro leaves fresh minced
- ☐ 4 teaspoons tamarind paste
- ☐ 4 servings salt
- ☐ 0.5 cup roasted cashews salted chopped

☐ 1.5 pounds tuna thick (ahi,)

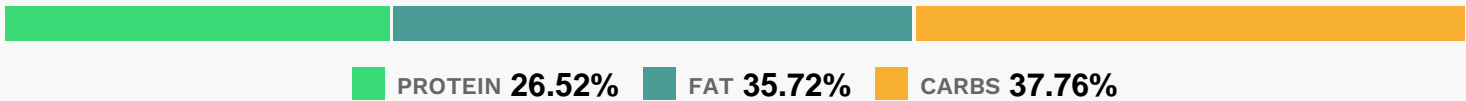
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ grill
- ☐ microwave
- ☐ spatula

Directions

- ☐ In a bowl, mix coconut milk, tamarind concentrate, and curry paste; stir in cilantro.
- ☐ Rinse tuna, pat dry, and turn over in coconut milk sauce. Lift out fish; save the sauce.
- ☐ Pour sauce into a 1- to 1 1/2-quart pan; bring to a boil over high heat, stirring. Or bring to a boil in a microwave-safe container in a microwave oven at full power (100%). Keep warm.
- ☐ Lay tuna on a lightly oiled barbecue grill over a solid bed of very hot coals or high heat on a gas grill (you can hold your hand at grill level only 1 to 2 seconds), close lid on gas grill. Cook tuna until bottom is pale color about 1/4 inch into fish (cut to test; center is red), about 2 minutes. Turn tuna with a wide spatula and cook until side on grill is the same color as it is on the top, and center is still pink to red, about 1 minute longer.
- ☐ Stir cashews into rice, spoon onto plates, and top with equal portions tuna.
- ☐ Sprinkle with basil.
- ☐ Serve with warm coconut-curry sauce and add salt to taste.

Nutrition Facts



Properties

Glycemic Index:69, Glycemic Load:50.45, Inflammation Score:-7, Nutrition Score:29.201739186826%

Flavonoids

Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 614.06kcal (30.7%), Fat: 24.45g (37.61%), Saturated Fat: 14.81g (92.55%), Carbohydrates: 58.16g (19.39%), Net Carbohydrates: 55.23g (20.09%), Sugar: 5.8g (6.44%), Cholesterol: 61.24mg (20.41%), Sodium: 688.63mg (29.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.84g (81.68%), Selenium: 133µg (190%), Vitamin B3: 18.35mg (91.76%), Manganese: 1.49mg (74.39%), Vitamin B12: 4.37µg (72.86%), Phosphorus: 453.73mg (45.37%), Vitamin B6: 0.76mg (38.11%), Copper: 0.74mg (37.14%), Magnesium: 132.26mg (33.07%), Iron: 5.47mg (30.36%), Zinc: 3.28mg (21.86%), Potassium: 658.69mg (18.82%), Vitamin D: 2.04µg (13.61%), Vitamin K: 13.38µg (12.75%), Vitamin B2: 0.21mg (12.14%), Vitamin B5: 1.2mg (12%), Fiber: 2.92g (11.69%), Vitamin B1: 0.16mg (10.87%), Vitamin A: 486.99IU (9.74%), Folate: 35.08µg (8.77%), Calcium: 74.44mg (7.44%), Vitamin E: 0.9mg (5.97%), Vitamin C: 2.41mg (2.92%)