



Yellowfin Tuna Burger with Japanese Cucumber Relish & Wasabi Aioli

 Dairy Free

READY IN



90 min.

SERVINGS



2

CALORIES



1195 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 servings alfalfa sprouts to taste
- ☐ 2 servings canola oil for saute pan
- ☐ 0.5 tablespoon asian chili paste
- ☐ 1.5 cup japanese cucumber crosswise thinly sliced
- ☐ 1 teaspoon juice of lime
- ☐ 1 cup mayonnaise separated
- ☐ 1 teaspoon orange juice

- ☐ 0.3 cup panko breadcrumbs
- ☐ 3 tablespoon pickled ginger chopped
- ☐ 0.3 cup rice vinegar
- ☐ 0.5 teaspoon salt
- ☐ 2 servings salt and pepper to taste
- ☐ 1 teaspoon sesame oil
- ☐ 2 tablespoon soya sauce
- ☐ 1 tablespoon sugar
- ☐ 2 teaspoon wasabi powder
- ☐ 0.8 pound sashimi-grade yellowfin tuna fillets roughly chopped

Equipment

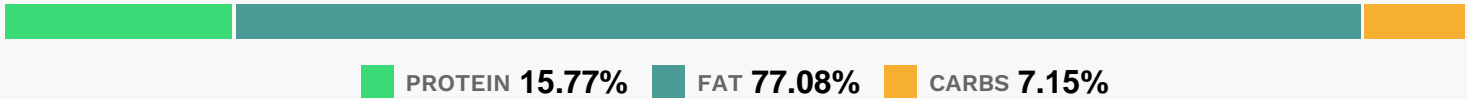
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ mixing bowl
- ☐ mortar and pestle

Directions

- ☐ Combine wasabi powder, orange juice, lime juice, 1 tablespoon pickled ginger in the bowl of a mini food processor, or mortar and pestle. Puree or grind until completely smooth. Scrape the mixture into a bowl.
- ☐ Combine the cucumber slices, red onion rings, rice vinegar, sugar and ½ teaspoon salt in a bowl; toss to combine. Set aside at least 1 hour. Or refrigerate up to 1 day before using. Make the burger mixture: Pulse the tuna in a food processor 12 or 15 times, scraping down the sides halfway, to create pea-sized pieces. You may alternatively use a chef's knife. Scrape the tuna into a large mixing bowl and add the diced red onion, remaining pickled ginger, chili paste, soy sauce, sesame oil, remaining 2 tablespoons mayonnaise, Panko breadcrumbs and a pinch each of salt and pepper. Blend well and form into 2 one-inch thick patties.

- ☐
- Place on a plate and refrigerate, covered for at least 1 hour and up to 3 hours. Lightly oil a cast iron or non-stick skillet and then heat it over medium heat. Gently lay the tuna patties onto the heated surface.
- ☐
- Lay the buns out on a work surface. Put a small amount of sprouts on the bottom halves, then some of the Japanese cucumber relish. Top each with a tuna burger, then spread a bit of the wasabi aioli on top of them. Cover with bun tops and serve.

Nutrition Facts



Properties

Glycemic Index:133.55, Glycemic Load:5.58, Inflammation Score:-7, Nutrition Score:33.412608644237%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 1195.36kcal (59.77%), Fat: 101.41g (156.01%), Saturated Fat: 14.87g (92.91%), Carbohydrates: 21.16g (7.05%), Net Carbohydrates: 19.4g (7.05%), Sugar: 9.87g (10.96%), Cholesterol: 113.38mg (37.79%), Sodium: 2630.02mg (114.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.69g (93.39%), Selenium: 159.23µg (227.47%), Vitamin K: 201.06µg (191.48%), Vitamin B3: 32.98mg (164.88%), Vitamin B6: 1.74mg (86.99%), Vitamin B12: 3.7µg (61.64%), Phosphorus: 566.56mg (56.66%), Vitamin E: 6.67mg (44.48%), Potassium: 1086.54mg (31.04%), Magnesium: 95.09mg (23.77%), Vitamin B1: 0.34mg (22.74%), Vitamin D: 3.12µg (20.77%), Vitamin B2: 0.31mg (18.52%), Manganese: 0.34mg (16.81%), Iron: 2.77mg (15.39%), Copper: 0.26mg (13.05%), Vitamin B5: 1.08mg (10.8%), Folate: 38.95µg (9.74%), Vitamin C: 7.96mg (9.65%), Zinc: 1.27mg (8.47%), Fiber: 1.76g (7.05%), Calcium: 56.24mg (5.62%), Vitamin A: 264.79IU (5.3%)