



Wild Rice Salad with Tuna and Prawn

Overview

Difficulty Easy
Servings 4
Preparation Time 15 mins
Cooking Time 25 mins

Ingredients

- 200g mescluns green
- 200g fresh tuna (seasoned, pan-fry)
- 100g cooked Norwegian baby prawns
- 120g cherry tomatoes (cut half)
- Pinch salt and pepper

Tomato salsa:

- 2 tablespoons sundried tomatoes
- 1 tablespoon avocado oil

Rice salad:

- 200g cooked brown rice / wild rice
- 160g cooked chickpeas
- 30g thinly sliced red onions
- 40g pitted black olives (sliced)
- 40g pitted green olives (sliced)
- 50g canned corn
- 40g dried raisins (pre-soak lightly in warm water)
- 40g dry cranberries (pre-soak lightly in warm water)

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Methods

Step 1.

Cook the rice in a steamer/rice cooker and set to cool.

Step 2.

Using a hand blender, pour in sundried tomatoes, avocado oil, and blend well.



Step 3.

Combine the cooked rice, canned corn, dried cranberries, dry raisins, cooked chickpeas, red onions, pitted black olives, pitted green olives and the blended tomato salsa.



Step 4.

Mix well and add in some salt and pepper to taste. Let it sit for 20 min.



Step 5.

Season the fresh tuna with salt and pepper.



Step 6.

With a bit of avocado oil, pan fry the tuna. * Chef's tip: The way to cook tuna is to cook it 1/3 on each side and let it rest for 2 min.



Step 7.

Pan fry the Norwegian baby prawns.



Step 8.

Serve the dish with the rice salad, tuna, prawns, cherry tomatoes and mesclun green.



Guten Appetit



Product Used

Serie | 8 PIN675N17E

The FlexInduction hob: you can place multiple pots and pans or large cookware anywhere on the flexible cooking zone.

