

**Miele**

# Olive oil poached tuna with fragrant tabouli

By Miele

**24 hours**

Preparation time

**2 hours 25 minutes**

Cooking time

**4 serves**

Serves



## INGREDIENTS

600g fresh tuna, sliced 2cm thick  
Juice of 1 lime  
Murray River salt flakes to taste  
125ml olive oil

### Fragrant tabouli

1 cup quinoa, thoroughly rinsed, strained  
185ml boiling water  
2 tbs olive oil  
1 tsp fenugreek seeds  
1 tsp brown mustard seeds  
2 tsp cumin seeds  
2 tsp black sesame seeds  
4 pickled lime wedges, seeds removed and chopped  
1 cup parsley leaves, picked and washed  
1 cup mint leaves, picked and washed  
1 cup coriander leaves, picked and washed  
½ red capsicum, finely diced  
Zest and juice of 1 lime  
Verjuice to taste  
Olive oil to taste  
Murray River salt flakes to taste  
Kaffir Lime leaves, finely sliced (optional)

### Lime pickle

1kg limes, washed and quartered  
100g sugar  
100g salt  
2 tsp brown mustard seeds  
1 tsp Kashmiri chilli powder  
2 tsp garam marsala  
2 tsp ground turmeric  
1 tsp asaphoetida  
¼ cup fresh curry leaves

## **METHOD**

### **Lime pickle**

1. Combine all of the ingredients in a Solid steam tray. Place into the Steam Oven and Steam at 100°C for 2 hours or until the lime is tender.
2. Transfer to sterilised jam jars and secure the lids while hot. Store in a cool dry place until needed.

### **Fragrant tabouli**

1. Place the quinoa in a Solid steam tray and pour over the boiling water, stand for 30 minutes to allow the quinoa to swell.
2. Meanwhile heat the olive oil in a small saucepan with the seeds on medium heat, Induction setting 6, for 2-3 minutes or until fragrant. When seeds begin to pop remove from heat. Add the seeds and olive oil to the quinoa. Mix well to combine.
3. Place the quinoa into the Steam Oven and Steam at 100°C for 20 minutes. Remove from Oven and set aside to cool for 10 minutes.
4. Add the pickled lime along with the herbs and zest and juice of lime, mix well to combine. Season to taste with verjuice, olive oil and salt flakes.

### **Tuna**

1. Place the tuna slices into a large vacuum sealing bag along the lime juice, salt and olive oil. Place into the Vacuum Sealing Drawer and Vacuum on setting 3 and Seal on setting 3. Place into the Refrigerator and marinate overnight.
2. Place the bag onto a wire rack on shelf position 2 in Oven. Sous-vide at 60°C for 25 minutes. Rest in the bag for 10 minutes. Serve tuna with fragrant tabouli drizzled with the liquor from the lime pickle.

### **Hints and tips**

- If making the tabouli in advance, reserve the addition of the fresh herbs until just before serving to ensure freshness of flavour.
- Marinating tuna overnight will provide a more flavoursome dish, however this is not essential.