

MEDITERRANEAN TUNA

Freshly made gremolata & squash with kale

COOK TIME
35 MIN

SERVINGS
2

CALORIES PER SERVING
500

MENU
KETO // PALEO // GLUTEN-FREE

A bold seafood dinner perfect for wintry nights. Wild-caught tuna steaks are seasoned with a fennel-herb spice blend (featuring bay leaf and rosemary), then pan-seared. They're served with tender butternut squash mixed with red kale and roasted red peppers. A freshly made gremolata — made with mint, almonds, parsley, and capers — adds bright, briny flavor notes on top.

INGREDIENTS (10 ITEMS)

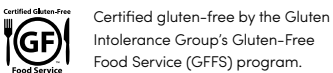
- 2 (6 oz) **Yellowfin tuna steaks** F
- ½ cup **Marinated almonds & capers** T
- ¼ oz **Mint**
- 1 whole **Shallot**
- 1 whole **Lemon**
- 7 oz **Butternut squash**
- 4 ¼ oz **Red kale**
- 2 ¾ oz **Roasted red peppers**
- 1 ¾ tsp **Fennel-herb spice blend**
- ¼ oz **Parsley**

WHAT YOU'LL NEED

- basic cooking tools
- basic pantry items
- large sauté pan
- medium sauté pan
- small bowl
- microplane
- thermometer
- peeler
- measuring cup & spoons

ALLERGENS

- F FISH
- T TREE NUT



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Food Service (GFFS) program.

Green Chef is a USDA Certified Organic company. Look for the "USDA Organic" seal on our ingredients.

Wash and dry fresh produce. Wash hands and surfaces after handling raw fish. Consuming raw or undercooked fish can be harmful to your health. Go to help.greenchef.com for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at help@greenchef.com



1 PREP SQUASH & KALE

- Remove seeds from **butternut squash** with a spoon. Carefully peel squash. Cut into bite-size pieces.
- Remove center stems from **red kale**. Cut stems at an angle into about ¼-inch pieces. Roughly chop leaves.



2 COOK SQUASH & KALE

- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **squash** and **kale stems** to hot pan. Season with salt, pepper, and a pinch of the **fennel-herb spice blend**. Stir to combine. Cook 5 minutes, or until squash begins to brown, stirring occasionally.
- Reduce heat to medium. Add about ⅓ cup water; stir. Cook 10-12 minutes, or until squash is tender and liquid has cooked off, stirring occasionally.
See Step 5 to finish.



3 MAKE GREMOLATA

- Cut ends off **shallot** and remove peel. Small dice into about ¼-inch pieces. Place in a small bowl.
- De-stem **mint** and **parsley**; finely chop leaves together. Add herbs to bowl.
- Zest whole **lemon** with a microplane (or on small holes of a box grater) over bowl. Quarter lemon. Squeeze juice from two lemon wedges over bowl, avoiding seeds. Add **marinated almonds and capers**. Drizzle with about 2 tablespoons olive oil. Season with salt and pepper.* Stir to combine.
**Take Note: Capers are naturally salty; season accordingly.*



4 COOK TUNA

- Pat **yellowfin tuna steaks** dry with a paper towel. Season both sides with salt, pepper, and remaining **spice blend**.
- Heat about 1 ½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add tuna to hot pan. Sear 3-4 minutes on each side, or until tuna is fully cooked (or to desired doneness).*
- *Take Note: Tuna is fully cooked when internal temperature reaches 145 degrees.*



5 FINISH SQUASH & KALE

- Add **roasted red peppers** and **kale leaves** to pan with squash. Cook 2-3 minutes, or until kale wilts, stirring occasionally. Salt and pepper to taste.

6 PLATE YOUR DISH

- Cut **tuna** into 5-7 slices each.
- Divide **squash and kale** between plates. Fan tuna over top and garnish with **gremolata**. Serve remaining **lemon wedges** on the side.
- Enjoy!