



# Albacore Tuna

## with Pearl Couscous Chermoula Vinaigrette

This adventurous dish takes its tasty inspiration from traditional baked fish dishes of Tunisia, with a bright and citrusy chermoula vinaigrette. The meaty albacore tuna steak is served over a bed of pearl couscous with a side of sautéed squash and sweet peppers seasoned with cumin and paprika. A bright squeeze of orange juice completes this bright and colorful dish.

**Allergens:** *Fish, wheat.*

### SUPPLIES TO GATHER

- Preheated oven (middle rack at broil)
- Saute pan (10 inches or larger)
- Lined baking sheet
- Kitchen towel
- Cooking spoon
- Kitchen knife & cutting board
- Mixing bowl
- Salt & pepper

### GOBBLE DINNER KIT

- Albacore tuna steaks
- Chermoula vinaigrette
- Mini sweet peppers
- Zucchini & yellow squash
- Couscous
- Roma tomato
- Cumin & paprika
- Mandarin orange
- Cilantro

### DID YOU KNOW?

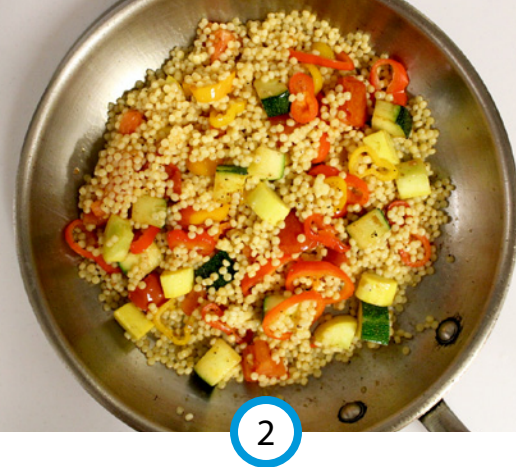
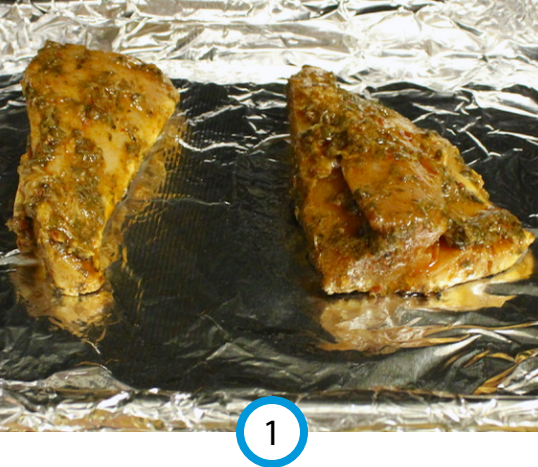
Chermoula is a North African marinade prepared from a mixture of herbs, oil, lemon juice, pickled lemons, garlic, cumin, and salt. It may also include onion, fresh coriander, ground chili peppers, black pepper, or saffron.

**500 EST CALORIES PER SERVING (2 SERVINGS PER KIT)**



Let's get cooking! Flip me over.

Gobble



Set the oven rack to the middle position, and preheat to broil.

In a mixing bowl, mix together the **cumin & paprika** and **half** the **chermoula vinaigrette**. Add the **albacore tuna steaks** into the bowl, and gently toss to coat in the marinade. Season as desired with salt and pepper, then set aside to marinate.

Meanwhile, use your knife and cutting board to:

- Slice the **mini sweet peppers** into thin rings.
- Dice the **Roma tomato** into bite-size pieces.
- Slice the the **mandarin orange** into wedges.

Transfer the **albacore tuna steaks** from the mixing bowl to a lined baking sheet. With a spoon, spread the remaining **marinade** over the albacore tuna steaks.

Place the baking sheet into the oven, set the heat to broil (if available use the low-broil setting), and cook for 6 min, or until caramelized and golden brown.

**Use a dry, folded kitchen towel to carefully remove the baking sheet from the oven.**

Meanwhile, place a saute pan onto the stovetop, add 2 tbsp. of cooking oil, and set the heat to medium. When the oil is hot, add the **peppers, zucchini & yellow squash, and tomato** into the pan. **Be careful for any oil splatter.** Season with salt and pepper, and cook for 3 min, or until softened.

Next, add the **couscous** into the pan. Cook for 2 min, or until hot. Turn off the heat. Tear apart the **cilantro**, and stir into the vegetables as desired.

Let's plate: spread the sautéed couscous and vegetables across the serving plates. Plate the albacore tuna over the couscous and vegetables, Squeeze the juice from the mandarin orange over the fish.

Please note:

cooking times may vary due to different appliances and temperatures. Adjust cooking times accordingly.