

ALBACORE TUNA



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Albacore tuna (M/R) topped with lemon and basil paste, with Cajun steamed cabbage, sweet honey-ginger-cardamom butternut squash, one huge steamed Brussels sprout from my garden (used as green accent... and yummy, too), served with home-made sourdough bread.

Put 400 g of chopped butternut squash in a pot with 1/3 cup of water.

Add 1/4 tsp powdered cardamom, salt to taste, and 1/4 tsp powdered ginger

When soft, drain water and add 1 tsp royal jelly honey.

Steam 3 cups of shredded purple and green cabbage.

Add one big brussels sprout 1.5 minutes before taking off stove, until it is bright green, and add sea salt to both to taste. Add 1/4 tsp Cajun spice to steamed cabbage. Stir through.

Heat pan with 1.5 tsp of ghee and when hot, add tuna fillets topped with 1/4 tsp of sea salt. Sear on each side on medium. (About 1.5 minutes, depending on thickness.) Let rest. Top with 1/4 tsp lemon juice per filet .

Albacore tuna is a huge delicacy in Canada and the way to eat

it here is to still have the centre pink.

Top with basil paste as per taste. Slice and serve with sourdough bread.

This dinner between 650 – 700 calories, depending on portion size.

Purple cabbage: 28 calories per cup

Green cabbage: 22 calories per cup

Brussels sprouts: 47 calories per half cup

Butternut squash: 52.5 calories per cup

Ghee (clarified butter = milk products have been cooked out of it): 45 calories per tsp

Ginger powder: 17 calories per tbsp

Cardamom: 18 calories per tbsp

Cajun spice powder: 0 calories

Royal jelly in honey: 60 calories per tbsp

Sea salt flakes: 0 calories

Sourdough bread: 110 calories per slice

Albacore tuna: 210 calories per 1 fillet (136g)

Butter: 70 calories per 2 tsp

Organic basil paste: 4 calories per 1.5 tsp

Lemon juice: 3 calories per tsp

Recipe posted by Annie Goussard Newton

Photo: Annie Goussard Newton