

Seared Tuna and Prawns with Mougrabieh, Carrot Puree and Arabian Mint Tea with Honey Dressing



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- Sub Category Name

Food

Savory

- Recipe Source Name

The Chefs and the Tea Maker - 2008



Used Teas



Exceptional Arabian
Mint Tea with Honey

Ingredients

Seared Tuna and Prawns with Mougrabieh, Carrot Puree and Arabian Mint Tea with Honey Dressing

- 5 tea bags Dilmah Exceptional Arabian Mint Tea with Honey
- 300g Fresh tuna (cut into cubes)

- 12 Green Prawn Cutlets (de-veined)
- 150ml Extra virgin olive oil
- 500g Carrots (peeled and cut into 2cm length)
- 150ml Milk (warm)
- 1 teaspoon Cumin Powder
- 1 tablespoon Olive Oil
- ½ Red Onion (finely chopped)
- 1 tablespoon Ras el Hanout
- 300g Mougrabieh
- 2 tablespoons Currants
- 2 tablespoons toasted Pistachios
- 1 tablespoon Flat Leaf Parsley (sliced)
- ½ Lemon (juiced)
- 3 Labna Balls cut in half
- 1 dessert spoon Sumac
- 100ml Chardonnay Vinegar
- Sea Salt and Freshly Ground Black Pepper
- ¼ Cup Coriander Leaves for garnish

Methods and Directions

Seared Tuna and Prawns with Mougrabieh, Carrot Puree and Arabian Mint Tea with Honey Dressing

- In a heavy based non-stick pan, sauté carrot to colour on a high heat in 10ml of extra virgin olive oil.
- Remove from heat and steam until tender.
- Puree in a food processor with milk, cumin and 1 dessert spoon of olive oil. Season to taste with salt and pepper. Set aside and keep warm.
- Bring 2l of water to the boil and cook mougrabieh for 20 minutes. Drain and reserve.
- In a heavy based pan, add 40ml extra virgin olive oil, diced onion and Ras el Hanout stirring for approximately 20 minutes.
- Add currants, pistachios, mougrabieh, sliced parsley and lemon juice. Set aside and keep warm.
- Roll Labna balls in Sumac, cut in half and set aside. Season Tuna with salt and pepper. In a heavy based pan on high heat, sear tuna for 20 seconds on each side.
- Repeat process with prawns and sear for 1 minute on each side. Rest tuna and prawns in a warm place.
- Heat 100ml Chardonnay vinegar, add the Arabian Mint Tea with Honey and infuse for 3-5 minutes.
- Remove the tea bags and whisk in 100ml extra virgin olive oil.
- Spoon mougrabieh evenly onto 6 plates. Spoon carrot puree beside the mougrabieh and rest tuna and prawns in between. Drizzle with Arabian mint tea with honey dressing. Finish with sumac coated labna and coriander leaves.



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