



More than Food

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Spicy Tuna Tar-Tacos

with Creamy Avocado and Cucumber-Radish Slaw

We're rather proud of this dish, and not just for its clever name. We've fused the flavors of a spicy tuna roll with classic tuna tartare to make some truly radical tacos. A little cucumber and radish adds crunch, while avocado lends the perfect creaminess.

30 min

level 2

nut free

make me first



Tuna Filets



Scallions



Avocado



Radishes



Cucumber



Cilantro



Lime



Flour Tortillas



Mayonnaise



Sriracha

Ingredients

		2 People	4 People
Tuna Filets	1)	12 oz	24 oz
Scallions		2	4
Avocado		1	2
Radishes		3	6
Cucumber		1 large	2 large
Cilantro		1 bunch	2 bunches
Lime		1	2
6-inch Flour Tortillas	2)	6	12
Mayonnaise	3)	1½ T	3 T
Sriracha	1)	1 T	2 T
Olive Oil*		1 T + 1 t	2 T + 2 t

*Not Included

Allergens

- 1) Fish
- 2) Wheat
- 3) Eggs

Tools

Large Pan,
2 Medium Bowls, Peeler

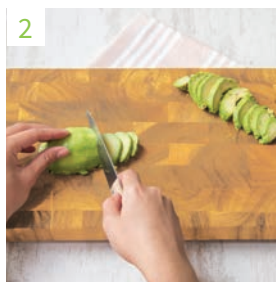
Ruler

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Nutrition per person Calories: 741 cal | Carbs: 56 g | Fat: 34 g | Protein: 51 g | Fiber: 7 g | Sodium: 873 mg



1 Preheat the oven to 400 degrees. If you have a microwave, you can skip this step! Thinly slice the **scallions**, keeping the greens and whites separate. Peel, halve, and seed the **cucumber** then cut the cucumber into 3-inch matchsticks. Thinly slice the **radishes**. Halve the **lime**, then cut one **half** into wedges.



2 Chop **half the cilantro**. Halve, pit, and peel the **avocado**, then thinly slice.



3 **Make the slaw:** in a medium bowl, toss together the **cucumber**, **radish**, **chopped cilantro**, the **juice of half the lime**, **half the sliced avocado**, and **1 Tablespoon olive oil**. Season with **salt** and **pepper**.



4 Heat **1 teaspoon olive oil** in a large pan over high heat. Season the **tuna** on all sides with **salt** and **pepper**. Add the tuna to the pan and sear 1-2 minutes per side, until golden brown on the outside but still rare on the inside.

5 Meanwhile, wrap the **tortillas** in tin foil and place in the oven to warm for 3-5 minutes. If you have a microwave, wrap them in a damp paper towel and microwave on high for 30 seconds instead.

6 **Make the spicy tuna mixture:** cut the **tuna** into ½-inch cubes. Toss the tuna in a medium bowl with the **scallion whites**, **mayonnaise**, and the **sriracha** (to taste). Season with **salt** and **pepper**.

7 **Assemble the tacos:** place the **spicy tuna mixture** inside each tortilla then top with a few slices of **avocado**, a bit of the **slaw**, a sprig of **cilantro**, and the **scallion greens**. Serve the **lime wedges** and remaining **slaw** to the side. Enjoy!