

Seared Ahi Tuna

with Fregola Sarda & Peperonata

ORIGIN

Hailing from Southern Italy, peperonata is a beloved dish of stewed bell peppers. We're giving ours the Sicilian treatment with the addition of garlic, capers, and olives.

INGREDIENT IN FOCUS

Fregola sarda is a petite, round pasta made from semolina flour—rolled into little balls and toasted to develop a beautiful brown color.



PREMIUM

4 SERVINGS

🕒 30-40 MINS



Serve a bottle of Blue Apron wine with this symbol: Zesty & Tropical. blueapron.com/wine

Ingredients

- | | | |
|--|--|--|
|  4 Ahi Tuna Steaks |  1 Tbsp Calabrian Chile Paste |  2 Tbsps Dried Currants |
|  1 ¼ cups Fregola Sarda Pasta |  1 8-oz can Tomato Sauce |  2 Tbsps Roasted Pistachios |
|  4 oz Arugula |  2 Tbsps Red Wine Vinegar |  1 Tbsp Weeknight Hero Spice Blend ¹ |
|  2 cloves Garlic |  4 Tbsps Butter | |
|  1 bunch Mint |  1 oz Castelvetrano Olives | |
|  2 Red, Yellow, or Orange Bell Peppers |  1 Tbsp Capers | |

1. Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley

1 Prepare the ingredients

- Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Cut off and discard the stems of the **peppers**. Halve lengthwise; remove the ribs and seeds, then medium dice.
- Peel and roughly chop **2 cloves of garlic**.
- Place the **currants** in a bowl and cover with **hot water**. Set aside to rehydrate at least 10 minutes.
- Pick the **mint** leaves off the stems.
- Pit and roughly chop the **olives**.
- Roughly chop the **pistachios**.



2 Cook the pasta

- While the currants rehydrate, place the **pasta** in a strainer and thoroughly rinse under cold water to remove any excess starch.
- Transfer to the pot of boiling water. Cook, uncovered, 7 to 8 minutes, or until tender. Turn off the heat.
- Drain thoroughly.



3 Sear the fish

- Meanwhile, pat the **fish** dry with paper towels; season on both sides with salt, pepper, and the **spice blend**.
- In a large pan (nonstick, if you have one), heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the seasoned fish. Cook 1 to 2 minutes per side for medium-rare (115°F), or until browned and cooked to your desired degree of doneness.*
- Leaving any browned bits (or fond) in the pan, transfer to a cutting board; let rest at least 5 minutes.



4 Make the peperonata

- While the fish rests, drain the **rehydrated currants**.
- In the pan of reserved fond, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **diced peppers**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until lightly browned.
- Add the **chopped garlic** and **capers**. Cook, stirring frequently, 1 to 2 minutes, or until softened.
- Add the **tomato sauce** (carefully, as the liquid may splatter) and **as much of the chile paste as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring constantly, 2 to 3 minutes, or until combined and the sauce is slightly thickened.
- Add the **rehydrated currants** and **vinegar**. Cook, stirring constantly, 30 seconds to 1 minute, or until combined.



5 Finish & serve your dish

- To the pan of **peperonata**, add the **cooked pasta**, **butter**, and **arugula**. Cook, stirring frequently, 1 to 2 minutes, or until the arugula is wilted and the butter is melted and combined.
- Turn off the heat. Taste, then season with salt and pepper if desired.
- Find the lines of muscle (or grain) on the **rested fish**; slice crosswise against the grain.
- Serve the **sliced fish** with the **finished pasta**. Drizzle the fish with **1 tablespoon of olive oil**. Garnish the pasta with the **mint leaves** (tearing just before adding), **chopped olives**, and **chopped pistachios**. Enjoy!



*The USDA suggests cooking tuna until an instant-read thermometer registers 145°F.

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at blueapron.com or in the Blue Apron app, then click on VIEW FULL NUTRITION. Food safety handling information: blog.blueapron.com/foodsafety

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).



Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

Blue Apron, LLC
New York, NY 10005

 **Blue Apron**
blueapron.com

031521_FR07