



JUL  
2016

## Seared Tuna

with Thyme-Roasted Summer Veggies and Lemon Aioli

If you have a grill, tuna steaks are great for it! Searing for just a couple minutes per side ensures that the centers remain bright red and delicious. A medley of roasted summer veggies completes this light and seasonal summer meal.

 **Prep:** 10 min  
**Total:** 30 min

 level 1

 nut free

 dairy free

 gluten free

 make me first



Tuna Fillets



Eggplant



Zucchini



Grape  
Tomatoes



Thyme



Lemon



Garlic



Mayonnaise

## Ingredients

	2 People	4 People
Tuna Fillets	12 oz	24 oz
Eggplant	1	2
Zucchini	1	2
Grape Tomatoes	4 oz	8 oz
Thyme	¼ oz	½ oz
Lemon	1	1
Garlic	2 Cloves	4 Cloves
Mayonnaise	2 T	4 T
Olive Oil*	1 T	2 T

\*Not Included

## Allergens

- 1) Fish
- 2) Eggs
- 3) Soy

## Tools

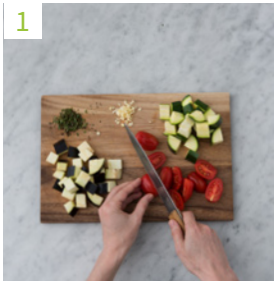
Baking sheet, Zester, Small bowl, Large pan

Ruler

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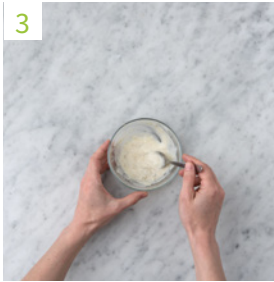
**Nutrition per person** Calories: 445 cal | Fat: 20 g | Sat. Fat: 3 g | Protein: 47 g | Carbs: 27 g | Sugar: 14 g | Sodium: 154 mg | Fiber: 12 g

1



**1 Prep the veggies: Wash and dry all produce.** Preheat the oven to 450 degrees. Cut the **eggplant** and **zucchini** into ½-inch cubes. Halve the **tomatoes**. Crush **1 garlic clove** with the side of your knife. Strip the **thyme leaves** off the stems; discard stems.

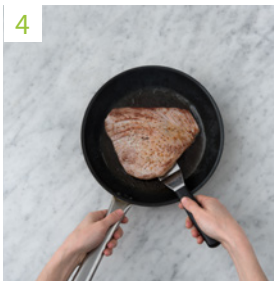
3



**2 Roast the veggies:** Toss the **eggplant, zucchini, tomatoes, crushed garlic,** and **thyme leaves** on a baking sheet (you may need two) with a large drizzle of **olive oil** and a generous pinch of **salt** and **pepper**. Place in the oven for about 20 minutes, tossing halfway through cooking, until soft and golden brown.

**3 Make the lemon aioli:** Zest, then halve the **lemon**. Cut one half into wedges. Mince or grate the remaining **garlic clove**. In a small bowl, combine the **mayonnaise, ½ teaspoon lemon zest,** a squeeze of **lemon juice,** and as much garlic as you like (start with a little and go up from there). Season with **salt** and **pepper** and thin to a drizzling consistency with a teaspoon or so of **water**.

4



**4 Cook the tuna:** With 3-5 minutes left to go on the **veggies,** season the **tuna** on all sides with **salt** and **pepper**. Heat a drizzle of **olive oil** in a large pan over high heat. Add the **tuna** to the pan and sear for about 1 minute per side, until golden brown on the outside but very rare on the inside. If you prefer your tuna less rare, simply cook for longer. Remove the tuna from the pan and thinly slice.

**5 Finish and serve:** Plate the **seared tuna** on a bed of **thyme-roasted summer veggies,** with a dollop of **lemon aioli** to the side. Serve with a **lemon wedge** and enjoy!

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