



ECOLE ROBERT ABEL - CM2 ENGLISH -
2020

YOYO FISH AKA TAHITIAN SALAD



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INGRÉDIENTS

- Two cups of rice
- Four cups of water
- One fillet of white tuna
- One cup of cucumber
- One cup of ripe tomato
- Eight limes
- One carrot
- One bunch of green onion
- One, 250ml, can of coconut milk
- One wholemeal bread stick
- Salt to taste

Préparation : 1h

4 parts

STEP 1 : Wash your hands

STEP 2 : Cook the rice as follows ;

1. Add two cups of rice to the rice cooker
2. Rinse the rice well with water
3. Add four cups of water to the rinsed rice
4. Add one teaspoon of fine salt
5. Close the lid and turn on the rice cooker

STEP 3 : Dice the white tuna into 1cm x 1cm cubes and place in the large salad bowl

STEP 4 : Cut and squeeze the limes into the small bowl

STEP 5 : Pour the limejuice over the diced tuna, mix well, and place in the fridge for at least 30 minutes to marinate.

STEP 6 : Finely dice the cucumber and tomato.

STEP 7 : Chop the green onion.

STEP 8 : Grate the carrot

STEP 9 : Pour the excess lime off the marinated fish

STEP 10 : Add the cucumber, tomato, carrot, three quarters of the green onion, coconut milk and salt to the marinated fish

STEP 11 : Mix all of the ingredients together and place the bowl aside.

STEP 12 : Plate the dish.