



UCCOOK

Fragrant Coconut & Lemongrass Mussels

with egg noodles, fresh coriander & chilli


Mussels are infused in an aromatic broth of coconut & lemongrass, making for a unique & exotic seafood dish. Spooned over a bowl of springy egg noodles and garnished with fresh chilli, coriander and spring onion. Perfect for impressing your guests on a special evening or family celebration!

Hands-on Time: 40 minutes

Overall Time: 45 minutes

Serves: 4 People

Chef: Thea Richter

 Adventurous Foodie

 Simonsig | Kaapse Vonkel Brut

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Ingredients & Prep

4 cakes	Egg Noodles
2	Lemongrass Stalks <i>rinsed</i>
2	Onions <i>peeled & roughly diced</i>
500g	Button Mushrooms <i>roughly sliced</i>
2	Garlic Cloves <i>peeled & grated</i>
60g	Fresh Ginger <i>peeled & grated</i>
2	Fresh Chillies <i>deseeded & roughly sliced</i>
800ml	Coconut Milk
800g	Mussels
2	Lemons <i>zested & cut into wedges</i>
15g	Fresh Coriander <i>rinsed & picked</i>
1	Spring Onion <i>finely sliced</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. OODLES OF NOODLES Bring a pot of salted water to boil for the noodles. Cook the noodles until al dente, 7-8 minutes. Drain and rinse in cold water.

2. CUT THE GRASS Slice the root end off the rinsed lemongrass and peel off the outer tougher leaves. Cut the softer inner stalk in half lengthways and finely slice.

3. START THE SAUCE Place a large pot over medium-high heat with a drizzle of oil. When hot, add the diced onion and the sliced mushrooms and fry until golden, 6-7 minutes (shifting occasionally). Lightly season.

4. CHECK OUT MY BIG MUSSELS! When the onion & mushrooms are soft, add the grated garlic, the grated ginger, the chopped lemongrass, and ½ the sliced chilli (to taste) to the pot. Fry until fragrant, 1-2 minutes (shifting constantly). Add the coconut milk, 400ml of water, the mussels, a squeeze of lemon juice, and seasoning. Cover with a lid and simmer until the mussels are heated through, 3-5 minutes. Remove from the heat and add the lemon zest. Season to taste if necessary.

5. TIME TO DINE! Bowl up the noodles. Pour over the coconut sauce and mussels. Sprinkle over the picked coriander, the remaining chilli (to taste), and the sliced spring onion. Serve with a lemon wedge. Delish, Chef!



Chef's Tip

If you're feeling fancy, slice the green parts of the spring onion into long, thin strips and place them in a bowl of ice water to make them curly for your garnish!

Nutritional Information

Per 100g

Energy	450kj
Energy	107kcal
Protein	5g
Carbs	11g
of which sugars	1.4g
Fibre	0.9g
Fat	4.7g
of which saturated	3.6g
Sodium	99mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites, Shellfish/Seafood

Cook
within 1
Day