



# UCOOK

## Panko-crusted Mussel Boats

with savoury rice & a creamy lemon sauce

These gorgeous cheesy crumb-filled mussels and savoury rice, laced with beautifully charred vegetables, are elevated by a drizzle of a lemon and a creamy lemon & white wine sauce. A delicious seafood dish which will have you dreaming of a small town by the ocean!

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**Hands-On Time:** 35 minutes

**Overall Time:** 40 minutes

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**Serves:** 3 People


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**Chef:** Megan Bure

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 Fan Faves

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 Boschendal | Grande Cuvée Vintage Brut

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## Ingredients & Prep

225ml	White Basmati Rice
300g	Baby Marrow <i>rinsed, trimmed &amp; finely diced</i>
360g	Carrot <i>peeled, trimmed &amp; finely diced</i>
150g	Peas <i>drained</i>
2	Onions <i>1½ peeled &amp; finely diced</i>
3	Garlic Cloves <i>peeled &amp; grated</i>
85ml	White Wine
150ml	Fresh Cream
2	Lemons <i>1½ zested &amp; cut into wedges</i>
195ml	Cheesy Crumb <i>(150ml Panko Breadcrumbs &amp; 45ml Grated Italian-style Hard Cheese)</i>
12g	Fresh Parsley <i>rinsed, picked &amp; finely chopped</i>
600g	Mussels

## From Your Kitchen

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

**1. STEAMY RICE** Preheat the oven to 200°C. Rinse the rice and place in a pot over a medium-high heat. Submerge in 450ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 8-10 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes. On completion, drain if necessary and fluff up with a fork. Cover to keep warm and set aside.

**2. CHARRED VEGGIES** Place a pan over a medium heat with a drizzle of oil. When hot, fry the diced baby marrow pieces for 5-6 minutes until charred. Remove from the pan on completion and place in a bowl. Return the pan to the heat with another drizzle of oil. Fry the diced carrots for 6-8 minutes until browned and caramelized. Remove from the pan and add to the bowl of baby marrows. Season to taste.

**3. NICE RICE** Once the rice is cooked, stir through the peas, charred carrots and baby marrow pieces. Cover to keep warm for serving.

**4. LEMON CREAM SAUCE** Wipe down the pan if necessary and return it to a medium-high heat with a drizzle of oil. When hot, fry the diced onions for 6-8 minutes until soft and translucent, shifting occasionally. Add in the grated garlic and fry for 1-2 minutes until fragrant, shifting constantly. Pour in the white wine and cook off until almost evaporated. Turn off the heat and stir through the cream and the juice of 3 lemon wedges. Season to taste, remove from the heat and cover.

**5. LACED CRUMB & CRISP MUSSELS** In a small bowl combine the cheesy crumb with ½ of the chopped parsley. Add lemon zest and seasoning to taste. Place the mussel halves onto a roasting tray. Fill each one with 1-2 tsp of the cream sauce and a generous heap of the parsley and cheese crumb. Pop them into the oven to bake for 4-5 minutes until the crumb is crispy.

**6. TIME FOR A FLAVOUR TRIP!** Plate up a gorgeous mound of veggie packed fluffy rice and nestle in the crispy mussel boats. Drizzle over the remaining creamy sauce and finish off with a garnish of the remaining chopped parsley. What a feast!

## Nutritional Information

Per 100g

Energy	473kJ
Energy	113Kcal
Protein	5.5g
Carbs	14g
of which sugars	2.3g
Fibre	1.5g
Fat	3.4g
of which saturated	1.8g
Sodium	96mg

## Allergens

Egg, Gluten, Dairy, Allium, Wheat, Alcohol, Shellfish/Seafood

Cook  
within 1  
Day