



UCOOK

Mussels & Mediterranean Couscous

with zesty baby tomatoes & Danish-style feta

After you taste this dish, Chef, your shellfish side will come out! Because who would want to share a meal made from a bed of couscous dotted with creamy crumbly feta, fresh herbs & zesty tomatoes. This is topped with mussels and drizzled in a one-of-a-kind UCOOK creamy sauce.

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Suné van Zyl

Adventurous Foodie

Cathedral Cellar Wines | Cathedral Cellar-Sauvignon Blanc 2022

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Ingredients & Prep

75ml	Couscous
1	Garlic Clove <i>peel & grate</i>
50ml	Kewpie Mayo
5ml	Dried Chilli Flakes
30ml	Grated Italian-style Hard Cheese
9g	Mixed Herbs <i>(3g Fresh Parsley, 3g Fresh Mint & 3g Fresh Dill)</i>
80g	Baby Tomatoes <i>rinse & cut into quarters</i>
1	Lemon <i>rinse, zest & cut into wedges</i>
200g	Mussels
30g	Danish-style Feta <i>drain</i>
20g	Green Leaves <i>rinse & roughly shred</i>

From Your Kitchen

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

1. CRACK ON WITH THE COUSCOUS Boil the kettle. Place the couscous in a bowl with 75ml of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

2. CREAMY SEAFOOD SAUCE Place a pan over medium-high heat with a drizzle of oil. When hot, fry the grated garlic until fragrant, 30 seconds - 1 minute (shifting constantly). Remove from the pan and place in a bowl. Add the kewpie mayo, the chilli flakes (to taste), the hard cheese, 30ml of water, and seasoning. Mix to combine and set aside.

3. ZESTY BABY TOMATOES Rinse, pick, and roughly chop the mixed herbs. In a bowl, toss together the quartered tomatoes, the juice from 1 lemon wedge, the lemon zest (to taste), a drizzle of olive oil, and seasoning. Set aside.

4. MOUTHWATERING MUSSELS Return the pan to medium-high heat. Place the mussels in the pan with a squeeze of lemon juice, a splash of water, and seasoning. Cover and simmer until the mussels are heated through, 3-5 minutes (don't worry, they are pre-cooked!). Remove from the heat and set aside.

5. GET A LOAD OF THIS When the couscous is done, toss through the drained feta, $\frac{3}{4}$ of the chopped herbs, the dressed tomatoes with any remaining lemon dressing, and the shredded leaves. Season and set aside.

6. WELL DONE! Make a generous bed of the loaded couscous and top with the cooked mussels. Drizzle over the creamy sauce and garnish with the remaining chopped herbs.

Nutritional Information

Per 100g

Energy	620kJ
Energy	148kcal
Protein	6.9g
Carbs	11g
of which sugars	1.4g
Fibre	1.9g
Fat	3.4g
of which saturated	1.3g
Sodium	150mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites,
Soy, Cow's Milk, Shellfish

Eat
Within
1 Day