



UCOOK

Coconut Curry Mussels

with jasmine rice & sesame seeds

This beautiful creamy curry has a coconut milk base and is loaded with freshness and flavour. Ginger, onions, red pepper, peas and fragrant coriander make this dish oh-so yum! Tender mussels are coated in all of this saucy goodness, whilst fluffy jasmine rice makes sure every last bit of it is soaked up!


Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 3 People

Chef: Megan Bure

 Quick & Easy

 Leopard's Leap | Unwooded Chardonnay

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Ingredients & Prep

225ml	Jasmine Rice
12g	Fresh Coriander
30g	Fresh Ginger
2	Onions
2	Red Bell Peppers
2	Limes
22.5ml	Green Curry Paste
300ml	Coconut Milk
600g	Mussels
150g	Peas
15ml	Black Sesame Seeds

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. JAZZY RICE 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 10 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and steam for 10 minutes. On completion, drain if necessary and fluff up with a fork.

2. SOME PREP While the rice is boiling, rinse and roughly chop the coriander. Peel and grate the ginger. Peel and dice 1½ of the onions, reserving the remaining ½ for another meal. Deseed and thinly slice 1½ of the peppers, reserving the remaining ½ for another meal. Zest the limes and cut into wedges.

3. CURRY BASE Place a pan over a medium heat with a drizzle of oil. When hot, add the diced onion and fry for 6-8 minutes until soft, shifting occasionally. Add the grated ginger and fry for a minute until fragrant, shifting constantly. Add ½ the curry paste (to taste) and fry for a minute until fragrant, shifting constantly. Add the sliced pepper and fry for 2-3 minutes until slightly softened, shifting occasionally.

4. LOAD IT UP Once the peppers have slightly softened, add the coconut milk, the mussels, and the remaining curry paste if you would like a spicier curry (be careful, it's hot!). Stir until fully combined and simmer for 3-5 minutes until the mussels are heated through, stirring occasionally.

5. FINISHING TOUCHES When the curry has finished simmering, add the lime zest, the juice of 3 lime wedges, ½ the chopped coriander, the peas, a sweetener of choice (to taste), and seasoning.

6. FLEX THOSE MUSSELS! Dish up the steaming rice and ladle over the mussel coconut curry. Sprinkle over the remaining coriander and the sesame seeds. Serve any remaining lime wedges on the side.

Nutritional Information

Per 100g

Energy	418kJ
Energy	100kcal
Protein	4.9g
Carbs	13g
of which sugars	1.7g
Fibre	1.4g
Fat	3.1g
of which saturated	2g
Sodium	158mg

Allergens

Allium, Sesame, Sulphites,
Shellfish/Seafood

Cook
within 1
Day