



UCCOOK

Massaman Mussel Curry

**with brown rice, green beans and
peanuts**

Massaman is a rich and tangy curry that is not too spicy. We have mixed our version with green beans, spinach, & coconut milk, served on a bed of brown rice. Topped with a seared duck breast and garnished with toasted peanuts, coriander, and fresh chilli.

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 4 People

Chef: Alex Levett

 Fan Faves

 Creation Wines | Creation Sauvignon
Blanc/Semillon 2020

Loved the dish? Let us know. Join the UCCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

300ml	Brown Rice
40g	Peanuts
2	Fresh Chillies <i>deseeded & finely sliced</i>
40ml	Spice & All Things Nice Massaman Curry Paste
400ml	Coconut Milk
400g	Green Beans <i> rinsed, trimmed & sliced into thirds</i>
800g	Mussels
300g	Spinach <i> rinsed & shredded</i>
15g	Fresh Coriander <i> rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. RICE Rinse the rice and place in a pot over a medium-high heat. Submerge in 800ml of cold salted water and pop on a lid. Once boiling, reduce the heat and simmer for 25-30 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and steam for a further 10 minutes. Drain if necessary and fluff up with a fork.

2. PREP Place the peanuts in a pot (large enough for the curry) over medium heat. Toast for 3-5 minutes until golden, shifting occasionally. Remove from the pot and roughly chop.

3. CURRY Return the pot to medium heat with a drizzle of oil. When hot, fry ½ of the sliced chilli (to taste) for 1-2 minutes, until fragrant. Add ¾ of the massaman curry paste and fry for 1-2 minutes, shifting frequently. Pour in the coconut milk and 400ml of water. Mix until combined. Leave to simmer for 15-20 minutes until reduced by half. In the final 2-3 minutes, add the sliced green beans and the mussels and simmer until the mussels are heated through, stirring occasionally.

4. FINISH When the curry sauce is done, taste to test and add the remaining ¼ of the curry paste if you'd like. Stir through the shredded spinach and ½ of the chopped coriander. Cook for 2-3 minutes until wilted, season, and add a sweetener of choice.

5. PLATE Dish up the brown rice and spoon over the massaman curry. Garnish with the toasted peanuts, remaining coriander and chilli (to taste). Amazing, Chef!

Nutritional Information

Per 100g

Energy	513kJ
Energy	123kcal
Protein	6.7g
Carbs	13g
of which sugars	1.2g
Fibre	2.1g
Fat	4.8g
of which saturated	2.5g
Sodium	260mg

Allergens

Allium, Peanuts, Sulphites,
Shellfish/Seafood

Cook
within 1
Day