



U C O O K

— COOKING MADE EASY

MASSAMAN MUSSELS IN MINUTES

with coriander pesto & a crispy flatbread

Massaman is a rich, slightly sweet, relatively mild Thai curry with a coconut cream base. Swift, simple, and restaurant-quality — this dish of sauce-soaked, half-shell mussels beautifully unites seafood and curry.

Hands-On Time: 20 minutes

Overall Time: 30 minutes

Serves: 2 People

Chef: Alex Levett

 **Easy Peasy**

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



Ingredients & Prep

20g	Cashew Nuts
15ml	Vegetable Stock
1	Onion <i>peeled & diced</i>
30ml	Massaman Curry Paste
200ml	Coconut Cream
400g	Mussels
40g	Baby Spinach <i>rinsed</i>
1	Lime <i>cut into wedges</i>
1	Flatbread
2	Spring Onion <i>rinsed & thinly sliced on the diagonal</i>
30ml	Pesto Princess Coriander & Chilli Pesto
1	Chilli <i>deseeded & finely chopped</i>

From Your Kitchen

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

1. TOAST THE CASHEWS Boil the kettle. Place the cashews in a large pot over a medium heat. Toast for 3-5 minutes until golden, shifting occasionally. Remove from the pot on completion and set aside. Roughly chop when cool enough to handle.

2. START THE MASSAMAN SAUCE Dilute the vegetable stock with 100ml of boiling water. Return the pot to a medium heat with a drizzle of oil. When hot, fry the diced onion for 3-4 minutes until soft and translucent, shifting occasionally. Add three-quarters of the massaman curry paste (to taste) and fry for another minute, shifting frequently. Pour in the coconut cream and diluted stock. Mix until the curry paste has been incorporated into the liquid. Bring to a simmer and cook for 7-8 minutes until reduced by a quarter.

3. MARVELOUS MUSSELS! Place a clean pot that has a lid over a medium heat. Empty the bag of mussels into the pot along with the liquid inside it – you'll be using it to steam the mussels. If there's not enough for steaming, add an extra 60ml of water. Once simmering, pop on the lid and steam for 4-5 minutes. Remove from the heat on completion. Drain all of the liquid from the pot into a bowl and set aside – it's the magic ingredient! Cover the pot of mussels with the lid and set aside until serving.

4. COMPLETE THE CURRY When the curry sauce has reduced, taste to test and add more curry paste if you'd like. Stir through the rinsed baby spinach and cook for 1-2 minutes until wilted. Squeeze in the juice from 2 lime wedges. Gradually add the reserved mussel liquid in 15ml increments until to your taste (it can be quite salty). Add a sweetener of choice to taste and remove from the heat on completion.

5. WARM 'N TOASTY FLATBREAD Place a pan over a medium heat. When hot, dry toast the flatbread for 1-2 minutes per side until warmed through and starting to crisp. Remove on completion and cut into quarters.

6. TIME TO INDULGE Place the mussels in a bowl and submerge in a generous helping of massaman curry. Sprinkle over the sliced spring onion and the chopped chilli to taste. Dollop over the coriander pesto and garnish with the toasted cashews and a lime wedge. Serve the flatbread quarters on the side to mop up that rich Thai sauce. Yum!



Chef's Tip

Freeze any remaining mussel stock liquid and add it to fish currys, pies, or bakes. It'll take your dish to the next level! You can also reserve any remaining chilli and keep it in the fridge for another meal.

Nutritional Information

Per 100g

Energy	642kJ
Energy	153Kcal
Protein	7.1g
Carbs	15g
of which sugars	1.5g
Fibre	1.3g
Fat	6.7g
of which saturated	3.4g
Sodium	475mg

Allergens

Gluten, Allium, Shellfish, Wheat, Tree Nuts

Cook
within 1
Day