



UCOOK

Mussels & Red Pepper Sauce

with a roasted pumpkin, carrot & walnut salad

Mussels are steamed in a rich red pepper sauce before being sided with a salad of sweet roasted pumpkin & carrots, fresh salad leaves, and crunchy walnuts. Sprinkled with fresh parsley to finish it off, this simple dinner is simply divine!


Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Hannah Duxbury

 Carb Conscious

 Leopard's Leap | Chenin Blanc

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Ingredients & Prep

750g	Pumpkin Chucks <i>cut into bite-sized pieces</i>
240g	Carrot <i>peeled, trimmed & cut into bite-sized chunks</i>
2	Onions <i>1½ peeled & roughly diced</i>
2	Garlic Cloves <i>peeled & grated</i>
2	Red Bell Peppers <i>1½ rinsed, deseeded & cut into bite-sized pieces</i>
300ml	Tomato Passata
600g	Mussels
60g	Salad Leaves <i>rinsed</i>
30g	Walnuts <i>roughly chopped</i>
2	Lemons <i>1½ cut into wedges</i>
12g	Fresh Parsley <i>rinsed & picked</i>

From Your Kitchen

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

1. THE ROAST Preheat the oven to 200°C. Spread out the pumpkin pieces and the carrot chunks on a roasting tray, coat in oil, and season. Roast in the hot oven for 35-40 minutes until cooked through and crisping up, shifting halfway.

2. RED PEPPER SAUCE When the roast has 15 minutes remaining, boil the kettle. Place a large pot over a medium-high heat with a drizzle of oil. When hot, add the diced onion and fry for 4-5 minutes, until soft, shifting occasionally. Add the grated garlic and the red pepper pieces and fry for 3-4 minutes, shifting constantly. On completion, place in a blender along with the tomato passata, 150ml of boiling water, and some seasoning. Pulse until smooth.

3. MUSSEL MANIA Return the creamy red pepper sauce to the pot and place over a medium-high heat. Once boiling, add the mussels, cover with a lid, and steam for 3-5 minutes until warmed through (don't worry they are pre-cooked!). Remove from the heat on completion.

4. VEGGIE SALAD In a bowl, combine the rinsed salad leaves, the chopped walnuts, the roasted pumpkin and carrot, seasoning, the juice of 3 lemon wedges, and a drizzle of oil.

5. SHOW US YOUR MUSSELS! Bowl up the steaming mussels and red pepper sauce. Side with the roasted veg salad. Sprinkle over the picked parsley. Serve any remaining lemon wedges on the side. Dive in, Chef!

Nutritional Information

Per 100g

Energy	219kj
Energy	52kcal
Protein	3.6g
Carbs	7g
of which sugars	2.8g
Fibre	1.5g
Fat	1.2g
of which saturated	0.2g
Sodium	87mg

Allergens

Allium, Tree Nuts, Shellfish/Seafood

Cook
within 1
Day