



WCOOK

Mussels & Mediterranean Couscous

with Danish-style feta

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Suné van Zyl

Wine Pairing: Waterkloof | Revenant Wild Ferment
Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	769kJ	4076kJ
Energy	184kcal	975kcal
Protein	8.7g	45.9g
Carbs	11g	59g
of which sugars	1.3g	7g
Fibre	1.3g	6.7g
Fat	10.2g	54.2g
of which saturated	1.7g	9.1g
Sodium	256mg	1357mg

Allergens: Sulphites, Shellfish, Egg, Gluten, Wheat,
Cow's Milk, Soya, Allium

Spice Level: Mild

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	Couscous
1	1	Garlic Clove <i>peel & grate</i>
50ml	100ml	Kewpie Mayo
5ml	10ml	Dried Chilli Flakes
30ml	60ml	Grated Italian-style Hard Cheese
9g	15g	Mixed Herbs <i>(3g [5g] Fresh Parsley, 3g [5g] Fresh Mint & 3g [5g] Fresh Dill)</i>
1	2	Tomato/es <i>rinse & cut into bite-sized pieces</i>
15ml	30ml	Lemon Juice
200g	400g	Mussels
30g	60g	Danish-style Feta <i>drain</i>
20g	40g	Green Leaves <i>rinse & roughly shred</i>

From Your Kitchen

Oil (cooking, olive OR coconut)
Seasoning (Salt & Pepper)
Water

1. CRACK ON WITH THE COUSCOUS Boil the kettle. Place the couscous in a bowl with 75ml [150ml] 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 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 [60ml] of water, and seasoning. Mix to combine and set aside.

3. FOR SOME FRESHNESS Rinse, pick, and roughly chop the mixed herbs. In a bowl, toss together the tomatoes, ½ of the lemon juice (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 the 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 feta, ¾ of the herbs, and the green 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 herbs.