



UCCOOK

Coconut Curry Mussels

with lemongrass and a toasted baguette

Hands-on Time: 35 minutes

Overall Time: 40 minutes

Adventurous Foodie: Serves 3 & 4

Chef: Ethan Shahim

Wine Pairing: Neil Ellis Wines | Neil Ellis West Coast
Sauvignon Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	466kj	3643kj
Energy	111kcal	871kcal
Protein	5.6g	43.7g
Carbs	14g	113g
of which sugars	2.1g	16.6g
Fibre	1g	7.5g
Fat	3.4g	26.5g
of which saturated	2.3g	17.9g
Sodium	278mg	2172mg

Allergens: Sulphites, Shellfish, Gluten, Wheat, Allium

Spice Level: Moderate

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
2 sticks	2 sticks	Lemongrass <i>rinse</i>
300g	400g	Pak Choi <i>trim at the base, separate leaves & rinse thoroughly</i>
2	2	Onions <i>peel & finely dice 1½ [2]</i>
2	2	Garlic Cloves <i>peel & grate</i>
30g	40g	Fresh Ginger <i>peel & grate</i>
45ml	60ml	Green Curry Paste
450ml	600ml	Coconut Milk
600g	800g	Mussels
15ml	20ml	Lime Juice
3	4	Sourdough Baguettes <i>cut into thick rounds</i>
8g	10g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

Water
Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Butter (optional)

1. PREPARATION STATION Slice the root end off the lemongrass and peel off the outer tougher leaves. Cut the softer inner stalk in half lengthways and finely slice. Roughly slice the pak choi stems and shred the pak choi leaves, keeping them separate.

2. AMAZING AROMATICS Place a pan (with a lid) over medium heat with a drizzle of oil. When hot, fry the onion, pak choi stems and lemongrass until golden and fragrant, 6-7 minutes (shifting occasionally). Add the garlic, ginger, and curry paste, and fry until fragrant, 3-4 minutes.

3. BEST SEAFOOD BROTH Add the coconut milk, 300ml [400ml] of water, mussels, lime juice (to taste), and seasoning to the pan. Pop on the lid and simmer until the mussels are heated through (don't worry, they are pre-cooked!), 3-5 minutes. In the final 2-3 minutes, add the pak choi leaves and simmer until wilted. Remove from the heat and season to taste if necessary.

4. GOLDEN BAGUETTE Spread butter or oil over the baguette rounds. Place a pan over medium heat. When hot, toast the baguette rounds until golden, 1-2 minutes per side.

5. SIP & SAVOUR In a bowl, serve the mussels and broth, top with fresh coriander, and side with the toasted baguette rounds.