



# UCOOK

## Beer-steamed Mussels

with toasty baguette & fresh thyme

Beautiful half-shelled mussels are steamed to perfection in a light beer sauce. Served with crusty french baguette and a fresh salad, this dish is as simple as it is divine!

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**Hands-On Time:** 25 minutes

**Overall Time:** 40 minutes

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**Serves:** 4 People

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**Chef:** Thea Richter

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 Adventurous Foodie

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 Boschendal | Grande Cuvée Vintage Brut

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## Ingredients & Prep

|           |                                                              |
|-----------|--------------------------------------------------------------|
| 2         | Onions<br><i>peeled &amp; finely diced</i>                   |
| 4         | Garlic Cloves<br><i>peeled &amp; grated</i>                  |
| 15g       | Fresh Thyme<br><i>rinsed, picked &amp; roughly chopped</i>   |
| 2 bottles | Non-alcoholic Beer                                           |
| 800g      | Mussels                                                      |
| 20ml      | Dijon Mustard                                                |
| 2         | Sourdough Baguettes<br><i>cut into rounds at an angle</i>    |
| 80g       | Salad Leaves<br><i>rinsed</i>                                |
| 200g      | Peas                                                         |
| 320g      | Baby Tomatoes<br><i>cut into quarters</i>                    |
| 15g       | Fresh Parsley<br><i>rinsed, picked &amp; roughly chopped</i> |

## From Your Kitchen

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

**1. MAGICAL MUSSELS** 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 chopped thyme and fry for 1-2 minutes until fragrant, shifting constantly. Pour in 600ml of the beer and bring up to a boil. Add the mussels, cover with a lid, and steam for 3-5 minutes until warmed through (don't worry they are pre-cooked). Using a slotted spoon, remove the mussels from the pot, reserving the onion mixture in the pot.

**2. MUSTARD-BEER SAUCE** Return the pot, without the lid, with the onion mixture to a low heat. Add the mustard and a large knob of butter (optional). Mix until the mustard is fully combined. Leave to gently simmer for 3-4 minutes until slightly reduced. Season to taste.

**3. TOAST & TOSS** Butter the cut-sides of the baguette rounds or drizzle with oil. Place a pan over a medium-high heat. When hot, add the baguette rounds, cut-side down, and fry for 1-2 minutes per side, until browned. In a bowl, combine the rinsed salad leaves, the peas, the quartered baby tomatoes, a drizzle of oil, and seasoning.

**4. DIG IN!** Bowl up the perfectly steamed mussels and pour over the beer mustard sauce. Sprinkle over the chopped parsley. Side with the baguette rounds and the fresh salad. Stunning, Chef!

## Nutritional Information

Per 100g

|                    |        |
|--------------------|--------|
| Energy             | 383kj  |
| Energy             | 91Kcal |
| Protein            | 5.8g   |
| Carbs              | 14g    |
| of which sugars    | 2.1g   |
| Fibre              | 1.3g   |
| Fat                | 1.3g   |
| of which saturated | 0.3g   |
| Sodium             | 191mg  |

## Allergens

Gluten, Allium, Wheat, Sulphites,  
Shellfish/Seafood

Cook  
within 1  
Day