



UCOOK

Higgs' Golden Chorizo Mussels

with charred corn, toasted baguette & fresh parsley

A beautiful combination of the land meeting sea. The land whispers with crisp slices of spicy chorizo and the chatter of charred corn. An ode to the sea powerfully gushes through with tenderly saline mussels, all smothered in a warm, sunny saffron infused white wine sauce. Nothing left but a zingy squeeze of lemon and you are ready to feast!

Hands-On Time: 45 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: David Higgs

 Easy Peasy

 Haute Cabrière | Chardonnay Pinot Noir

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Ingredients & Prep

400g	Corn
120g	Chorizo <i>½ finely diced & ½ cut into 1cm thick rounds</i>
20ml	Vegetable Stock
2	Onions <i>peeled & finely diced</i>
4	Garlic Cloves <i>peeled & grated</i>
250ml	Golden Wine <i>(250ml De-alcoholised White Wine & 0.4g Saffron)</i>
375ml	Fresh Cream
800g	Half Shell Mussels
15g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
4	Baguettes <i>sliced at an angle into 2-3cm rounds</i>
2	Lemons <i>zested & cut into wedges</i>

From Your Kitchen

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

1. CHARRED CORN Preheat the oven to 200°C. Place a pan over high heat with a drizzle of oil. Once hot, add the corn and fry for 5-7 minutes until charred, shifting occasionally. On completion, season, remove from the pan, place in a bowl and cover to keep warm.

2. GOLDEN CHORIZO Boil the kettle. Return the pan to a medium-high heat. When hot, add the chorizo rounds and fry for 5-7 minutes, flipping them halfway through. On completion, the chorizo should be golden and starting to crisp. Remove from the pan and allow to drain on some paper towel. Dilute the stock with 400ml of boiling water.

3. CREAMY MUSSELS Place a large pot over medium-high heat with a drizzle of oil and a knob of butter (optional). When hot, add the diced onion and fry for 5-7 minutes until soft and translucent, shifting occasionally. Add in ½ the grated garlic, the diced chorizo and ½ the charred corn and fry for 1 minute until fragrant, shifting constantly. Stir through the golden wine and leave to reduce until almost all evaporates. Reduce the heat to low and stir through the fresh cream and diluted stock. Mix until fully incorporated. Add in the mussels and some seasoning to taste. Pop the lid on and leave to simmer for 5-7 minutes until the mussels are heated through (don't worry, they are pre-cooked!).

4. TOASTY BREAD In a small bowl, mix the remaining garlic with ½ of the chopped parsley and a generous knob of butter. Place the baguette slices on a roasting tray and butter the exposed side with the garlic and parsley butter. Place in the hot oven and bake for 5-6 minutes until starting to brown and warmed through.

5. ONE MORE STEP... Once the mussels are warmed through and the sauce has reduced slightly, remove from the heat. Stir through the lemon zest to taste and some seasoning. Set aside for serving.

6. LOOK AT THAT! Bowl up a generous helping of the mussels and cream sauce. Sprinkle over the remaining parsley, charred corn and the sliced chorizo. Squeeze over some lemon juice and serve with any remaining lemon wedges and the slices of golden garlicky baguette. Get dunking, chef!



Chef's Tip

Chef David recommends using a good quality extra virgin olive oil for this dish.

Nutritional Information

Per 100g

Energy	673kj
Energy	161Kcal
Protein	7g
Carbs	15g
of which sugars	2.3g
Fibre	1.1g
Fat	7.1g
of which saturated	3.5g
Sodium	292mg

Allergens

Gluten, Dairy, Allium, Shellfish, Wheat,
Sulphites, Alcohol

Cook
within 1
Day