



UCCOOK

Fragrant Coconut & Chilli Mussels

with egg noodles, fresh coriander & chilli oil

Hands-on Time: 35 minutes

Overall Time: 40 minutes

Adventurous Foodie: Serves 3 & 4

Chef: Thea Richter

Wine Pairing: Bertha Wines | Bertha Sauvignon Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	491kJ	4025kJ
Energy	118kcal	963kcal
Protein	5g	41g
Carbs	11g	86g
of which sugars	1.7g	14.1g
Fibre	0.7g	6g
Fat	6g	49.2g
of which saturated	4.1g	34g
Sodium	109mg	890mg

Allergens: Egg, Gluten, Allium, Wheat, Shellfish

Spice Level: Hot

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
3 cakes	4 cakes	Egg Noodles
450g	600g	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>
45g	60g	Fresh Ginger <i>peel & grate</i>
2	2	Fresh Chillies <i>rinse, trim, deseed & finely slice</i>
600ml	800ml	Coconut Cream
600g	800g	Mussels
8g	10g	Fresh Coriander <i>rinse & pick</i>
15ml	20ml	Chilli Oil
1	1	Spring Onion <i>rinse, trim & finely slice</i>
30ml	40ml	Lemon Juice

From Your Kitchen

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

1. OODLES OF NOODLES Bring a pot of salted water to a boil for the noodles. Cook the noodles until al dente, 7-8 minutes. Drain and rinse in cold water.

2. START THE SAUCE Finely slice the pak choi stems and set aside. Slice the leafy parts in half lengthways, keeping them separate from the stems. Place a pot over medium-high heat with a drizzle of oil. When hot, add the onion and the pak choi stems and fry until golden, 5-6 [6-7] minutes (shifting occasionally). Lightly season.

3. FRAGRANT MUSSELS When the onion and pak choi stems are soft, add the garlic, the ginger, and ½ the chilli (to taste) to the pot. Fry until fragrant, 1-2 minutes (shifting constantly). Add the coconut cream, 300ml [400ml] of water, the mussels, and seasoning. Cover and simmer until the mussels are heated through, 3-5 minutes. In the final 1-2 minutes, stir through the pak choi leaves until wilted. Remove from the heat and season if necessary.

4. TIME TO DINE! Bowl up the noodles. Pour over the coconut sauce and mussels. Drizzle over the chilli oil, sprinkle over the coriander, the remaining chilli (to taste), and the spring onion. Drizzle over the lemon juice (to taste). Delish, Chef!