



UCOOK

Panko-crusted Mussel Boats

with savoury rice & a creamy lemon sauce

These gorgeous cheesy crumb-filled mussels and savoury rice, laced with beautifully charred vegetables, are elevated by a drizzle of a lemon and a creamy lemon & white wine sauce. A delicious seafood dish which will have you dreaming of a small town by the ocean!

Hands-On Time: 25 minutes

Overall Time: 30 minutes

Serves: 2 People

Chef: Megan Bure

 Fan Faves

 Boschendal | Grande Cuvée Vintage Brut

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Ingredients & Prep

150ml	White Basmati Rice
200g	Baby Marrow <i>rinsed, trimmed & finely diced</i>
240g	Carrot <i>peeled, trimmed & finely diced</i>
100g	Peas <i>drained</i>
1	Onion <i>peeled & finely diced</i>
2	Garlic Cloves <i>peeled & grated</i>
65ml	White Wine
100ml	Fresh Cream
1	Lemon <i>zested & cut into wedges</i>
130ml	Cheesy Crumb <i>(100ml Panko Breadcrumbs & 30ml Grated Italian-style Hard Cheese)</i>
8g	Fresh Parsley <i>rinsed, picked & finely chopped</i>
400g	Mussels

From Your Kitchen

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

1. STEAMY RICE Preheat the oven to 200°C. Rinse the rice and place in a pot over a medium-high heat. Submerge in 300ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 8-10 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes. On completion, drain if necessary and fluff up with a fork. Cover to keep warm and set aside.

2. CHARRED VEGGIES Place a pan over a medium heat with a drizzle of oil. When hot, fry the diced baby marrow pieces for 4-5 minutes until charred. Remove from the pan on completion and place in a bowl. Return the pan to the heat with another drizzle of oil. Fry the diced carrots for 4-6 minutes until browned and caramelized. Remove from the pan and add to the bowl of baby marrows. Season to taste.

3. NICE RICE Once the rice is cooked, stir through the peas, charred carrots and baby marrow pieces. Cover to keep warm for serving.

4. LEMON CREAM SAUCE Wipe down the pan if necessary and return it to a medium-high heat with a drizzle of oil. When hot, fry the diced onions for 4-6 minutes until soft and translucent, shifting occasionally. Add in the grated garlic and fry for 1-2 minutes until fragrant, shifting constantly. Pour in the white wine and cook off until almost evaporated. Turn off the heat and stir through the cream and the juice of 2 lemon wedges. Season to taste, remove from the heat and cover.

5. LACED CRUMB & CRISP MUSSELS In a small bowl combine the cheesy crumb with ½ of the chopped parsley. Add lemon zest and seasoning to taste. Place the mussel halves onto a roasting tray. Fill each one with 1-2 tsp of the cream sauce and a generous heap of the parsley and cheese crumb. Pop them into the oven to bake for 3-4 minutes until the crumb is crispy.

6. TIME FOR A FLAVOUR TRIP! Plate up a gorgeous mound of veggie packed fluffy rice and nestle in the crispy mussel boats. Drizzle over the remaining creamy sauce and finish off with a garnish of the remaining chopped parsley. What a feast!

Nutritional Information

Per 100g

Energy	473kj
Energy	113Kcal
Protein	5.5g
Carbs	14g
of which sugars	2.3g
Fibre	1.5g
Fat	3.4g
of which saturated	1.8g
Sodium	96mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Alcohol, Shellfish/Seafood

Cook
within 1
Day