



UCOOK

Rosé-steamed Mussels

with squid ink pasta & fresh dill

Mussels are steamed in a luxurious Rosé sauce made of onion, vegetable stock, garlic, and of course the soft pink Rosé. It is served over beautiful charcoal-coloured squid ink pasta, with blistered baby tomatoes and fresh dill. A truly unforgettable dinner!

Hands-On Time: 20 minutes

Overall Time: 35 minutes

Serves: 2 People

Chef: Ella Nasser

 Adventurous Foodie

 Boschendal | Rose Garden Rosé

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Ingredients & Prep

1	Onion <i>peeled & finely diced</i>
2	Garlic Cloves <i>peeled & grated</i>
10ml	Vegetable Stock
100ml	Rosé Wine
400g	Mussels
250g	Squid Ink Tagliatelle
160g	Baby Tomato Medley <i>cut in half</i>
8g	Fresh Dill <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter (optional)
Sugar/Sweetener/Honey

1. YES WAY ROSÉ! Boil a kettle. Place a pot over a medium-high heat with a drizzle of oil and a knob of butter (optional). When hot, add the diced onion and fry for 4-5 minutes until soft and translucent, shifting occasionally. Add the grated garlic and fry for 1-2 minutes until fragrant, shifting constantly. Add the stock and 200ml of boiling water. Mix until fully combined. Add the Rosé and the mussels. Pop on the lid and leave to simmer for 5-7 minutes until the mussels are heated through (don't worry, they are pre-cooked!). Season to taste.

2. SQUID INK TAGLIATELLE While the mussels are simmering, bring a pot of salted water to boil for the pasta. When the water is boiling, cook the pasta for 2-3 minutes until al dente. Taste to test and drain on completion. Toss through some oil to prevent sticking.

3. BLISTER THE TOMS Place a pan over a medium heat with a drizzle of oil. When hot, add the halved tomatoes and fry for 3-4 minutes until blistered and charred, shifting occasionally. In the final minute, add a sweetener of choice (to taste) and some seasoning.

4. MUSSELS + ROSÉ = DINNER TIME! Bowl up a generous helping of the squid ink pasta, mussels, and the Rosé sauce. Top with the blistered baby tomatoes. Sprinkle over the chopped dill. Well done, Chef!

Nutritional Information

Per 100g

Energy	560kj
Energy	134Kcal
Protein	7.4g
Carbs	16g
of which sugars	1.6g
Fibre	1.2g
Fat	1.5g
of which saturated	0.3g
Sodium	189mg

Allergens

Gluten, Allium, Wheat, Sulphites,
Alcohol, Shellfish/Seafood

Cook
within 1
Day