



UCCOOK

Mussels & Mediterranean Couscous

with zingy baby tomatoes & Danish-style feta

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Adventurous Foodie: Serves 3 & 4

Chef: Suné van Zyl

Wine Pairing: Bertha Wines | Bertha Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	811kJ	4057kJ
Energy	194kcal	970kcal
Protein	9.1g	45.8g
Carbs	12g	58g
of which sugars	1.3g	4.6g
Fibre	1.3g	6.7g
Fat	10.9g	54.4g
of which saturated	0.9g	9.2g
Sodium	273mg	1365mg

Allergens: Cow's Milk, Egg, Gluten, Allium, Wheat, Sulphites, Soy, Shellfish

Spice Level: Mild

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225ml	300ml	Couscous
2	2	Garlic Cloves <i>peel & grate</i>
150ml	200ml	Kewpie Mayo
15ml	20ml	Dried Chilli Flakes
90ml	125ml	Grated Italian-style Hard Cheese
24g	30g	Mixed Herbs <i>(8g [10g] Fresh Parsley, 8g [10g] Fresh Mint & 8g [10g] Fresh Dill)</i>
240g	320g	Baby Tomatoes <i>rinse & cut into quarters</i>
45ml	60ml	Lemon Juice
600g	800g	Mussels
90g	120g	Danish-style Feta <i>drain</i>
60g	80g	Green Leaves <i>rinse & roughly shred</i>

From Your Kitchen

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

1. CRACK ON WITH THE COUSCOUS Boil the kettle. Place the couscous in a bowl with 225ml [300ml] of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

2. CREAMY SEAFOOD SAUCE Place a pan over medium-high heat with a drizzle of oil. When hot, fry the garlic until fragrant, 30 seconds - 1 minute (shifting constantly). Remove from the pan and place in a bowl. Add the kewpie mayo, the chilli flakes (to taste), the hard cheese, 90ml [120ml] of water, and seasoning. Mix to combine and set aside.

3. ZINGY BABY TOMATOES Rinse, pick, and roughly chop the mixed herbs. In a bowl, toss together the tomatoes, ½ of the lemon juice (to taste), a drizzle of olive oil, and seasoning. Set aside.

4. MOUTHWATERING MUSSELS Return the pan to medium-high heat. Place the mussels in the pan with the remaining lemon juice, a splash of water, and seasoning. Cover and simmer until the mussels are heated through, 3-5 minutes (don't worry, they are pre-cooked!). Remove from the heat and set aside.

5. GET A LOAD OF THIS When the couscous is done, toss through the feta, ¾ of the herbs, the tomatoes, and the green leaves. Season and set aside.

6. WELL DONE! Make a generous bed of the loaded couscous and top with the cooked mussels. Drizzle over the creamy sauce and garnish with the remaining chopped herbs.