



UCCOOK

Thai Green Curry Mussels

with baby marrow & fresh coriander

Chef, today you will be transported to a seaside town watching the sunset over the ocean when you smell the fragrant aromas of a Thai green curry paste & coconut cream base, flavoured with zesty lime juice, charred baby marrows, and fresh coriander. Cheers to a delicious weekday staycation!


Hands-on Time: 15 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Kelly Fletcher

 Carb Conscious

 Waterford Estate | Waterford Pecan Stream
Sauvignon Blanc

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Ingredients & Prep

1	Onion <i>½ peeled & finely diced</i>
1	Garlic Clove <i>peeled & grated</i>
20ml	Green Curry Paste
100ml	Coconut Cream
200g	Baby Marrow <i>rinsed, trimmed & cut into bite-sized pieces</i>
200g	Mussels
10ml	Lime Juice
3g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. CURRY BASE Place a pan over medium heat with a drizzle of oil. When hot, fry the diced onion until golden, 4-5 minutes (shifting occasionally). Add the grated garlic and the curry paste (to taste), and fry until fragrant, 1-2 minutes (shifting constantly). Pour in the coconut cream and 100ml water. Simmer until thickening, 6-8 minutes (shifting occasionally).

2. FRIED MARROWS Place a pan or griddle pan over medium heat with a drizzle of oil. When hot, fry the baby marrow pieces until charred, 3-4 minutes. Remove from the pan and season.

3. MAKE THE MUSSELS When the curry sauce has 3-4 minutes remaining, mix through the mussels and seasoning. Remove from the heat and top with the charred baby marrow to warm through.

4. A SPECIAL DINNER IS SERVED Dish up the green curry mussels & baby marrow and drizzle with lime juice (to taste). Garnish with the chopped coriander.

Nutritional Information

Per 100g

Energy	323kJ
Energy	77kcal
Protein	5g
Carbs	5g
of which sugars	1.9g
Fibre	0.8g
Fat	4g
of which saturated	2.9g
Sodium	236mg

Allergens

Allium, Sulphites, Shellfish

Cook
within 1
Day