



# 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!

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**Hands-On Time:** 15 minutes

**Overall Time:** 30 minutes


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**Serves:** 1 Person

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**Chef:** Ella Nasser

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 Adventurous Foodie

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 Boschendal | Rose Garden Rosé

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## Ingredients & Prep

1	Onion <i>½ peeled &amp; finely diced</i>
1	Garlic Clove <i>peeled &amp; grated</i>
5ml	Vegetable Stock
50ml	Rosé Wine
200g	Mussels
125g	Squid Ink Tagliatelle
80g	Baby Tomato Medley <i>cut in half</i>
4g	Fresh Dill <i>rinsed, picked &amp; 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 100ml 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