



# UCOOK

## Mussels & Mediterranean Couscous

**with zesty baby tomatoes & Danish-style feta**

After you taste this dish, Chef, your shellfish side will come out! Because who would want to share a meal made from a bed of couscous dotted with creamy crumbly feta, fresh herbs & zesty tomatoes. This is topped with mussels and drizzled in a one-of-a-kind UCOOK creamy sauce.

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**Hands-on Time:** 30 minutes

**Overall Time:** 40 minutes

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**Serves:** 3 People

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**Chef:** Suné van Zyl

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Adventurous Foodie

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Cathedral Cellar Wines | Cathedral Cellar-Sauvignon Blanc 2022

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## Ingredients & Prep

|       |   |
|-------|---|
| 225ml | Couscous  |
| 2     | Garlic Cloves<br><i>peel &amp; grate</i>                                    |
| 150ml | Kewpie Mayo   |
| 15ml  | Dried Chilli Flakes   |
| 90ml  | Grated Italian-style Hard Cheese  |
| 24g   | Mixed Herbs<br><i>(8g Fresh Parsley, 8g Fresh Mint &amp; 8g Fresh Dill)</i> |
| 240g  | Baby Tomatoes<br><i>rinse &amp; cut into quarters</i>                       |
| 2     | Lemons<br><i>rinse, zest &amp; cut into wedges</i>                          |
| 600g  | Mussels   |
| 90g   | Danish-style Feta<br><i>drain</i>   |
| 60g   | Green Leaves<br><i>rinse &amp; roughly shred</i>                            |

## From Your Kitchen

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

**1. CRACK ON WITH THE COUSCOUS** Boil the kettle. Place the couscous in a bowl with 225ml 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 grated 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 of water, and seasoning. Mix to combine and set aside.

**3. ZESTY BABY TOMATOES** Rinse, pick, and roughly chop the mixed herbs. In a bowl, toss together the quartered tomatoes, the juice from 3 lemon wedges, the lemon zest (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 a squeeze of 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 drained feta,  $\frac{3}{4}$  of the chopped herbs, the dressed tomatoes with any remaining lemon dressing, and the shredded 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.

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 620kJ   |
| Energy             | 148kcal |
| Protein            | 6.9g    |
| Carbs              | 11g     |
| of which sugars    | 1.4g    |
| Fibre              | 1.9g    |
| Fat                | 3.4g    |
| of which saturated | 1.3g    |
| Sodium             | 150mg   |

## Allergens

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

Eat  
Within  
1 Day