



# UCOOK

## Tomato & Feta Mussels

with a toasted baguette & green leaves

Few things marry together as well as seafood and white wine. Add a tasty tomato sauce, crumbly feta, plus fresh parsley, and you have a Mediterranean mussels-inspired dish that's 100% delish. To soak up that sauce (and you will want to), there are toasted sourdough baguette rounds.

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**Hands-on Time:** 25 minutes

**Overall Time:** 30 minutes

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**Serves:** 4 People

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**Chef:** Rhea Hsu

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 Quick & Easy

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 Creation Wines | Creation Viognier 2022

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## Ingredients & Prep

2	Onions <i>peeled &amp; finely sliced</i>
200ml	White Wine
400ml	Tomato Passata
160g	Pickled Bell Peppers <i>drained &amp; roughly sliced</i>
60ml	NOMU Seafood Rub
800g	Mussels
200g	Peas
15g	Fresh Parsley <i>rinsed, picked &amp; roughly chopped</i>
2	Lemons <i>zested &amp; sliced into wedges</i>
2	Sourdough Baguettes <i>sliced into rounds</i>
80g	Salad Leaves <i>rinsed</i>
160g	Danish-style Feta <i>drained</i>

## From Your Kitchen

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

**1. A TASTY TOMATO SAUCE** Place a pan over medium heat with a drizzle of oil. When hot, add the sliced onion and fry for 6-7 minutes until soft, shifting occasionally. Pour in the wine and leave to simmer for 2-3 minutes until almost all evaporated. Add the tomato passata, sliced pickled peppers, the rub, and 200ml water. Simmer for 4-5 minutes until slightly reduced.

**2. LET'S MAKE SOME MUSSELS** When the sauce has slightly reduced, add the mussels, the peas, a sweetener of choice (to taste), and seasoning. Pop on the lid and simmer for 3-5 minutes until the mussels are heated through (don't worry, they are pre-cooked!). Add  $\frac{3}{4}$  of the chopped parsley, a squeeze of lemon juice and the lemon zest. Mix until combined.

**3. I'LL BAGUETTING ME SOME MORE** While the mussels are steaming, smear the baguette rounds with butter or drizzle with oil. Place a pan over medium heat. When hot, add the baguette rounds, cut-side down, and toast for 1-2 minutes per side until browned.

**4. A SIMPLE SALAD** In a bowl, toss the rinsed salad leaves with a drizzle of oil and seasoning.

**5. MUNCHABLE MUSSELS** Dish up the saucy mussels, crumble over the drained feta, and garnish with the remaining parsley. Serve with the toasted baguette for dunking, the dressed leaves, and any remaining lemon wedges. Enjoy!

## Nutritional Information

Per 100g

Energy	410kJ
Energy	98kcal
Protein	6g
Carbs	13g
of which sugars	2.7g
Fibre	1.7g
Fat	2.3g
of which saturated	1g
Sodium	316mg

## Allergens

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

Cook  
within 1  
Day