



# 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!

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**Hands-on Time:** 20 minutes

**Overall Time:** 30 minutes

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**Serves:** 2 People


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**Chef:** Kelly Fletcher

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 Carb Conscious

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 Waterford Estate | Waterford Pecan Stream  
Sauvignon Blanc

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## Ingredients & Prep

1	Onion <i>peeled &amp; finely diced</i>
1	Garlic Clove <i>peeled &amp; grated</i>
40ml	Green Curry Paste
200ml	Coconut Cream
400g	Baby Marrow <i>rinsed, trimmed &amp; cut into bite-sized pieces</i>
400g	Mussels
20ml	Lime Juice
5g	Fresh Coriander <i>rinsed, picked &amp; 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 200ml 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