



# UCOOK

## Mussels & Homemade Soda Bread

with a creamy lemon sauce & fresh herbs

We are bringing bread making into your kitchen in the easiest way possible! Pair this beautiful homemade soda bread loaded with macadamias, hazelnuts, and pistachios, with delicious tender mussels in a lemon sauce, and you have yourself a winner of a dish!

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**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person


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**Chef:** Megan Bure

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 Adventurous Foodie

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 Leopard's Leap | Sauvignon Blanc

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## Ingredients & Prep

45g	Luxury Nut Mix <i>(15g Macadamia Nuts, 15g Hazelnuts &amp; 15g Pistachio Nuts)</i>
250ml	Cake Flour
2,5ml	Bicarbonate of Soda
125ml	Buttermilk
1	Onion <i>½ peeled &amp; finely diced</i>
1	Garlic Clove <i>peeled &amp; grated</i>
50ml	White Wine
50ml	Fresh Cream
200g	Mussels
1	Lemon <i>½ zested &amp; cut into wedges</i>
3g	Fresh Dill <i>rinsed, picked &amp; roughly chopped</i>
4g	Fresh Parsley <i>rinsed, picked &amp; roughly chopped</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Butter (optional)  
Flour  
Cake Tin

**1. START THE SODA BREAD** Preheat the oven to 220°C. Roughly chop the luxury nut mix. Lightly grease and flour a cake tin. In a large bowl, sieve the flour, the bicarb, and a generous pinch of salt. Add the buttermilk and the chopped luxury nut mix. Mix until it forms a sticky dough. (Mix until just combined - don't overmix!) Add an extra splash of water if the dough is not coming together. Place on a floured surface and shape into a round, flat ball, big enough for the greased tin (You don't need to knead the dough!) Place into the greased tin and cut a deep cross in the top of the dough with a sharp knife. Pop in the hot oven and bake for 35-40 minutes, until browned and cooked through.

**2. MAGNIFICO MUSSELS** Place a pot over medium-high heat with a drizzle of oil and a knob of butter (optional). When hot, add the diced onion and fry for 3-5 minutes until soft and translucent, shifting occasionally. Add the grated garlic. Fry for 1 minute until fragrant, shifting constantly. Pour in the wine and leave to simmer until almost all evaporated. Reduce the heat and add the fresh cream. Mix until fully combined. Add the mussels, a squeeze of lemon juice, and seasoning. Pop on the lid and leave to simmer for 3-5 minutes until the mussels are heated through (don't worry, they are pre-cooked!). On completion, add ¾ of the chopped dill and parsley. Mix until fully combined.

**3. SEAFOOD & SODA BREAD SENSATION!** Serve up a steaming bowl of the creamy lemon-laced mussels and pour over some of the luscious sauce. Garnish with the remaining fresh dill and parsley. Serve some beautiful soda bread alongside, ready to be dipped and devoured. Garnish with the lemon zest (to taste). Side with any remaining lemon wedges. Delish, Chef!



## Chef's Tip

If you would like a smooth sauce, remove the mussels from the sauce once they are cooked. Pop the sauce into a blender and blend until smooth.

## Nutritional Information

Per 100g

Energy	736kJ
Energy	176kcal
Protein	7g
Carbs	22g
of which sugars	1.7g
Fibre	1.6g
Fat	7.2g
of which saturated	2.4g
Sodium	87mg

## Allergens

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

Cook  
within 1  
Day