



# UCCOOK

## Sophie Germanier's Fragrant Mussels

with egg noodles, fresh coriander & chilli oil

**Hands-on Time:** 35 minutes

**Overall Time:** 40 minutes

**Adventurous Foodie:** Serves 3 & 4

**Chef:** Sophie Germanier

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 491kj    | 4025kj      |
| Energy             | 118kcal  | 963kcal     |
| Protein            | 5g       | 41g         |
| Carbs              | 11g      | 86g         |
| of which sugars    | 1.7g     | 14.1g       |
| Fibre              | 0.7g     | 6g          |
| Fat                | 6g       | 49.2g       |
| of which saturated | 4.1g     | 34g         |
| Sodium             | 109mg    | 890mg       |

**Allergens:** Sulphites, Shellfish, Egg, Gluten, Wheat, Allium

**Spice Level:** Hot

Eat Within 1 Day

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] |   |
|----------|------------|---|
| 3 cakes  | 4 cakes    | Egg Noodles   |
| 450g     | 600g       | Pak Choi<br><i>trim at the base, separate leaves &amp; rinse thoroughly</i> |
| 2        | 2          | Onions<br><i>peel &amp; finely dice 1½ [2]</i>                              |
| 2        | 2          | Garlic Cloves<br><i>peel &amp; grate</i>                                    |
| 45g      | 60g        | Fresh Ginger<br><i>peel &amp; grate</i>                                     |
| 2        | 2          | Fresh Chillies<br><i>rinse, trim, deseed &amp; finely slice</i>             |
| 600ml    | 800ml      | Coconut Cream   |
| 600g     | 800g       | Mussels   |
| 8g       | 10g        | Fresh Coriander<br><i>rinse &amp; pick</i>                                  |
| 15ml     | 20ml       | Chilli Oil  |
| 1        | 1          | Spring Onion<br><i>rinse, trim &amp; finely slice</i>                       |
| 30ml     | 40ml       | Lemon Juice   |

## From Your Kitchen

Oil (cooking, olive OR coconut)  
Seasoning (Salt & Pepper)  
Water

**1. OODLES OF NOODLES** Bring a pot of salted water to boil for the noodles. Cook the noodles until al dente, 7-8 minutes. Drain and rinse in cold water.

**2. START THE SAUCE** Finely slice the pak choi stems and set aside. Slice the leafy parts in half lengthways, keeping them separate from the stems. Place a pot over medium-high heat with a drizzle of oil. When hot, add the onion and the pak choi stems and fry until golden, 5-6 [6-7] minutes (shifting occasionally). Lightly season.

**3. FRAGRANT MUSSELS** When the onion and pak choi stems are soft, add the garlic, the ginger, and ½ the chilli (to taste) to the pot. Fry until fragrant, 1-2 minutes (shifting constantly). Add the coconut cream, 300ml [400ml] of water, the mussels, and seasoning. Cover and simmer until the mussels are heated through, 3-5 minutes. In the final 1-2 minutes, stir through the pak choi leaves until wilted. Remove from the heat and season if necessary.

**4. TIME TO DINE!** Bowl up the noodles. Pour over the coconut sauce and mussels. Drizzle over the chilli oil, sprinkle over the coriander, the remaining chilli (to taste), and the spring onion. Drizzle over the lemon juice (to taste). Delish, Chef!