



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.

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Serves: 2 People

Chef: Rhea Hsu

 Quick & Easy

 Creation Wines | Creation Viognier 2022

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Ingredients & Prep

1	Onion <i>peeled & finely sliced</i>
100ml	White Wine
200ml	Tomato Passata
80g	Pickled Bell Peppers <i>drained & roughly sliced</i>
30ml	NOMU Seafood Rub
400g	Mussels
100g	Peas
8g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
1	Lemon <i>zested & sliced into wedges</i>
1	Sourdough Baguette <i>sliced into rounds</i>
40g	Salad Leaves <i>rinsed</i>
80g	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 4-5 minutes until soft, shifting occasionally. Pour in the wine and leave to simmer for 1-2 minutes until almost all evaporated. Add the tomato passata, sliced pickled peppers, the rub, and 100ml water. Simmer for 2-3 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