



# UCOOK

## Fragrant Coconut & Chilli Mussels

with egg noodles, fresh coriander & chilli oil

Mussels are infused in an aromatic broth of coconut and fresh chilli, making for a unique & exotic seafood dish. Spooned over a bowl of springy egg noodles and garnished with coriander and spring onion. Perfect for impressing your guests on a special evening or family celebration!

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**Hands-on Time:** 25 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person

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**Chef:** Thea Richter

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Adventurous Foodie

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Deetlefs Wine Estate | Deetlefs Stonecross  
Pinotage Rosé

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## Ingredients & Prep

1 cake	Egg Noodles
150g	Pak Choi <i>trim at the base, separate leaves &amp; rinse thoroughly</i>
1	Onion <i>peel &amp; roughly dice ½</i>
1	Garlic Clove <i>peel &amp; grate</i>
15g	Fresh Ginger <i>peel &amp; grate</i>
1	Fresh Chilli <i>rinse, trim, deseed &amp; finely slice</i>
200ml	Coconut Cream
200g	Mussels
3g	Fresh Coriander <i>rinse &amp; pick</i>
5ml	Chilli Oil
1	Spring Onion <i>rinse, trim &amp; finely slice</i>
10ml	Lemon Juice

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water

**1. OODLES OF NOODLES** Bring a pot of salted water to a 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 diced onion and the sliced pak choi stems and fry until golden, 4-5 minutes (shifting occasionally). Lightly season.

**3. FRAGRANT MUSSELS** When the onion & pak choi stems are soft, add the grated garlic, the grated ginger, and ½ the sliced chilli (to taste) to the pot. Fry until fragrant, 1-2 minutes (shifting constantly). Add the coconut cream, 100ml 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 picked coriander, the remaining chilli (to taste), and the sliced spring onion. Drizzle over the lemon juice (to taste). Delish, Chef!

## Nutritional Information

Per 100g

Energy	495kJ
Energy	118kcal
Protein	5g
Carbs	11g
of which sugars	1.7g
Fibre	0.7g
Fat	6g
of which saturated	4.1g
Sodium	109mg

## Allergens

Egg, Gluten, Allium, Wheat, Sulphites, Shellfish

Eat  
Within  
1 Day