



UCCOOK

Tom Yum Mussel Soup & Rice Noodles

with fresh lime & peanuts

A popular Thai soup, Tom yum soup balances hot and sour flavours to perfection. This recipe features mussels that are coated in complicated layers of coconut milk, lemongrass, tom yum paste, chilli, and fresh lime. Finished with fresh coriander and golden toasted peanuts, you are sure to say 'So yum!' after the first spoonful.

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Isabella Melck

 Adventurous Foodie

 Delheim Wines | Delheim Staying Alive Riesling

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Ingredients & Prep

150g	Flat Rice Noodles
2	Lemongrass Stalks <i>rinsed</i>
30g	Peanuts <i>roughly chopped</i>
2	Onions <i>1½ peeled & finely diced</i>
2	Garlic Clove <i>peeled & grated</i>
45ml	White Wine
45ml	Tom Yum Paste
600ml	Coconut Milk
600g	Mussels
2	Limes <i>1½ zested & cut into wedges</i>
2	Fresh Chillies <i>trimmed, de-seeded & finely sliced</i>
8g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. OODLES OF NOODLES Boil the kettle. Place the noodles in a bowl and submerge in boiling water. Season and set aside to rehydrate, 10-12 minutes. Drain and rinse in cold water.

2. CUT THE GRASS Slice the root end off the rinsed lemongrass and peel off the outer tougher leaves. Cut the softer inner stalk in half lengthways and finely dice.

3. GOLDEN PEANUTS Place the chopped peanuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. MAKE THE MUSSELS Return the pan to medium heat with a drizzle of oil. When hot, fry the diced onion until golden, 6-7 minutes (shifting occasionally). Mix through the grated garlic and diced lemongrass and fry until fragrant, 1-2 minutes (shifting constantly). Pour in the wine and cook until almost all evaporated, 2-3 minutes. Stir through the tom yum paste (to taste) and fry until fragrant, 1-2 minutes (shifting constantly). Pour in the coconut milk and bring to the boil. Add the mussels, cover, and simmer until cooked through, 3-4 minutes.

5. ADD A ZINGY KICK Remove the soup from the heat and mix through the cooked noodles, the juice from 3 lime wedges, the lime zest (to taste) and the sliced chilli (to taste). Add a sweetener and seasoning.

6. A BOWL OF DELICIOUSNESS Dish up the glorious tom yum mussel soup and garnish with the chopped coriander and toasted peanuts. Serve any remaining lime wedges on the side.

Nutritional Information

Per 100g

Energy	555kJ
Energy	133kcal
Protein	5.2g
Carbs	12g
of which sugars	1.2g
Fibre	0.9g
Fat	7.1g
of which saturated	4.6g
Sodium	137mg

Allergens

Allium, Peanuts, Sulphites, Fish, Alcohol, Shellfish

Cook
within 1
Day