



UCOOK

Moules-Frites & White Wine Sauce

with zingy That Mayo & fresh parsley

Moules-frites is an absolute classic dish! It truly lets the flavour of fresh mussels shine by cooking them in a simple white wine sauce. Served with truffle oil frites, or skinny potato chips, and a zingy lemon mayo for dipping. Chic bistro dining at home!

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Ella Nasser

 Adventurous Foodie

 Leopard's Leap | Unwooded Chardonnay

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Ingredients & Prep

200g	Potato <i>peeled (optional) & cut into skinny, 5mm thick chips</i>
1	Onion <i>½ peeled & finely diced</i>
1	Garlic Clove <i>peeled & grated</i>
45ml	White Wine
200g	Mussels
50ml	Crème Fraîche
1	Lemon <i>½ zested & cut into wedges</i>
5ml	Wholegrain Mustard
10ml	That Mayo (Garlic)
20ml	Grated Italian-style Hard Cheese
10ml	Truffle Oil
4g	Fresh Parsley <i>rinsed, picked & finely chopped</i>

From Your Kitchen

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

1. GOLDEN FRIES Preheat the oven to 200°C. Generously cover the base of a roasting tray in oil. Add the potato chips, season, and toss until coated. Spread out in a single layer and roast in the hot oven for 30-35 minutes until cooked through and crispy. At the halfway mark, gently shift the chips and drain any excess oil. Return to the oven for the remaining roasting time.

2. GETTING STEAMY Place a pot over a medium heat with a drizzle of oil. When hot, add the diced onions and fry for 3-4 minutes until softened, shifting occasionally. In the final 1-2 minutes, add the grated garlic and fry until fragrant, shifting constantly. Pour in the white wine and bring up to a boil. Add the mussels, cover and steam until warmed through, about 3-5 minutes (don't worry, they are pre-cooked). Using a slotted spoon, remove the mussels from the pot. Reserve the onion mixture in the pot.

3. CREAMY SAUCE Return the pot with the onion mixture to a low heat. Add the crème fraîche, some lemon zest, a knob of butter, the wholegrain mustard and 100ml of warm water. Stir to combine and simmer for 1-2 minutes, until a runny consistency. Add more water if necessary. Remove from the heat and season. Loosen the mayo with a squeeze of lemon juice.

4. TRUFFLE FRITES Once the fries are done, top with the grated cheese, the truffle oil and some seasoning. Toss until fully combined.

5. FRENCH FINISH Serve the mussels in a bowl and pour over the sauce. Sprinkle with the chopped parsley. Side with the cheesy truffle frites and the zingy mayo for dipping. Serve with a lemon wedge for some added zingyness. Stunning!



Chef's Tip

To make sure your chips do get crispy, you may need to use two trays to be able to spread them out and avoid overcrowding.

Nutritional Information

Per 100g

Energy	528kj
Energy	126kcal
Protein	5.7g
Carbs	10g
of which sugars	1.3g
Fibre	1.2g
Fat	6.5g
of which saturated	2.8g
Sodium	122mg

Allergens

Egg, Dairy, Allium, Sulphites, Alcohol,
Shellfish/Seafood

Cook
within 1
Day