



# UCOOK

## Mussels & Red Pepper Sauce

with a roasted pumpkin, carrot & walnut salad

Mussels are steamed in a rich red pepper sauce before being sided with a salad of sweet roasted pumpkin & carrots, fresh salad leaves, and crunchy walnuts. Sprinkled with fresh parsley to finish it off, this simple dinner is simply divine!

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**Hands-on Time:** 20 minutes

**Overall Time:** 35 minutes

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**Serves:** 1 Person

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**Chef:** Hannah Duxbury

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 Carb Conscious

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 Leopard's Leap | Chenin Blanc

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## Ingredients & Prep

|       |                                                                               |
|-------|-------------------------------------------------------------------------------|
| 250g  | Pumpkin Chunks<br><i>cut into bite-sized pieces</i>                           |
| 120g  | Carrot<br><i>peeled, trimmed &amp; cut into bite-sized chunks</i>             |
| 1     | Onion<br><i>½ peeled &amp; roughly diced</i>                                  |
| 1     | Garlic Clove<br><i>peeled &amp; grated</i>                                    |
| 1     | Red Bell Pepper<br><i>½ rinsed, deseeded &amp; cut into bite-sized pieces</i> |
| 100ml | Tomato Passata                                                                |
| 200g  | Mussels                                                                       |
| 20g   | Salad Leaves<br><i>rinsed</i>                                                 |
| 10g   | Walnuts<br><i>roughly chopped</i>                                             |
| 1     | Lemon<br><i>½ cut into wedges</i>                                             |
| 4g    | Fresh Parsley<br><i>rinsed &amp; picked</i>                                   |

## From Your Kitchen

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

**1. THE ROAST** Preheat the oven to 200°C. Spread out the pumpkin pieces and the carrot chunks on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

**2. RED PEPPER SAUCE** When the roast has 15 minutes remaining, boil the kettle. Place a pot over a medium-high heat with a drizzle of oil. When hot, add the diced onion and fry for 3-4 minutes, until soft, shifting occasionally. Add the grated garlic and the red pepper pieces and fry for 2-3 minutes, shifting constantly. On completion, place in a blender along with the tomato passata, 50ml of boiling water, and some seasoning. Pulse until smooth.

**3. MUSSEL MANIA** Return the creamy red pepper sauce to the pot and place over a medium-high heat. Once boiling, add the mussels, cover with a lid, and steam for 3-5 minutes until warmed through (don't worry they are pre-cooked!). Remove from the heat on completion.

**4. VEGGIE SALAD** In a bowl, combine the rinsed salad leaves, the chopped walnuts, the roasted pumpkin and carrot, seasoning, the juice of 1 lemon wedge, and a drizzle of oil.

**5. SHOW US YOUR MUSSELS!** Bowl up the steaming mussels and red pepper sauce. Side with the roasted veg salad. Sprinkle over the picked parsley. Serve any remaining lemon wedges on the side. Dive in, Chef!

## Nutritional Information

Per 100g

|                    |        |
|--------------------|--------|
| Energy             | 219kj  |
| Energy             | 52kcal |
| Protein            | 3.6g   |
| Carbs              | 7g     |
| of which sugars    | 2.8g   |
| Fibre              | 1.5g   |
| Fat                | 1.2g   |
| of which saturated | 0.2g   |
| Sodium             | 87mg   |

## Allergens

Allium, Tree Nuts, Shellfish/Seafood

Cook  
within 1  
Day