



UCOOK

Beer-steamed Mussels

with toasty baguette & fresh thyme


Beautiful half-shelled mussels are steamed to perfection in a light beer sauce. Served with crusty french baguette and a fresh salad, this dish is as simple as it is divine!

Hands-On Time: 20 minutes

Overall Time: 35 minutes

Serves: 3 People

Chef: Thea Richter

 Adventurous Foodie

 Boschendal | Grande Cuvée Vintage Brut

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Ingredients & Prep

2	Onions <i>1½ peeled & finely diced</i>
3	Garlic Cloves <i>peeled & grated</i>
12g	Fresh Thyme <i>rinsed, picked & roughly chopped</i>
2 bottles	Non-alcoholic Beer
600g	Mussels
15ml	Dijon Mustard
2	Sourdough Baguettes <i>1½ cut into rounds at an angle</i>
60g	Salad Leaves <i>rinsed</i>
150g	Peas
240g	Baby Tomatoes <i>cut into quarters</i>
12g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. MAGICAL MUSSELS Place a large pot over a medium-high heat with a drizzle of oil. When hot, add the diced onion and fry for 4-5 minutes until soft, shifting occasionally. Add the grated garlic and the chopped thyme and fry for 1-2 minutes until fragrant, shifting constantly. Pour in 450ml of the beer and bring up to a boil. Add the mussels, cover with a lid, and steam for 3-5 minutes until warmed through (don't worry they are pre-cooked). Using a slotted spoon, remove the mussels from the pot, reserving the onion mixture in the pot.

2. MUSTARD-BEER SAUCE Return the pot, without the lid, with the onion mixture to a low heat. Add the mustard and a large knob of butter (optional). Mix until the mustard is fully combined. Leave to gently simmer for 3-4 minutes until slightly reduced. Season to taste.

3. TOAST & TOSS Butter the cut-sides of the baguette rounds or drizzle with oil. Place a pan over a medium-high heat. When hot, add the baguette rounds, cut-side down, and fry for 1-2 minutes per side, until browned. In a bowl, combine the rinsed salad leaves, the peas, the quartered baby tomatoes, a drizzle of oil, and seasoning.

4. DIG IN! Bowl up the perfectly steamed mussels and pour over the beer mustard sauce. Sprinkle over the chopped parsley. Side with the baguette rounds and the fresh salad. Stunning, Chef!

Nutritional Information

Per 100g

Energy	383kJ
Energy	91Kcal
Protein	5.8g
Carbs	14g
of which sugars	2.1g
Fibre	1.3g
Fat	1.3g
of which saturated	0.3g
Sodium	191mg

Allergens

Gluten, Allium, Wheat, Sulphites,
Shellfish/Seafood

Cook
within 1
Day