



UCOOK

Tomato & Feta Mussels

with a toasted baguette & green leaves

Few things marry together as well as seafood and white wine. Add a tasty tomato sauce, crumbly feta, plus fresh parsley, and you have a Mediterranean mussels-inspired dish that's 100% delish. To soak up that sauce (and you will want to), there are toasted sourdough baguette rounds.

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Serves: 3 People

Chef: Rhea Hsu

 Quick & Easy

 Creation Wines | Creation Viognier 2022

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Ingredients & Prep

2	Onions <i>1½ peeled & finely sliced</i>
150ml	White Wine
300ml	Tomato Passata
120g	Pickled Bell Peppers <i>drained & roughly sliced</i>
45ml	NOMU Seafood Rub
600g	Mussels
150g	Peas
12g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
2	Lemons <i>zested & sliced into wedges</i>
2	Sourdough Baguettes <i>1½ sliced into rounds</i>
60g	Salad Leaves <i>rinsed</i>
120g	Danish-style Feta <i>drained</i>

From Your Kitchen

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

1. A TASTY TOMATO SAUCE Place a pan over medium heat with a drizzle of oil. When hot, add the sliced onion and fry for 5-6 minutes until soft, shifting occasionally. Pour in the wine and leave to simmer for 1-2 minutes until almost all evaporated. Add the tomato passata, sliced pickled peppers, the rub, and 150ml water. Simmer for 3-4 minutes until slightly reduced.

2. LET'S MAKE SOME MUSSELS When the sauce has slightly reduced, add the mussels, the peas, a sweetener of choice (to taste), and seasoning. Pop on the lid and simmer for 3-5 minutes until the mussels are heated through (don't worry, they are pre-cooked!). Add ¾ of the chopped parsley, a squeeze of lemon juice and the lemon zest. Mix until combined.

3. I'LL BAGUETTING ME SOME MORE While the mussels are steaming, smear the baguette rounds with butter or drizzle with oil. Place a pan over medium heat. When hot, add the baguette rounds, cut-side down, and toast for 1-2 minutes per side until browned.

4. A SIMPLE SALAD In a bowl, toss the rinsed salad leaves with a drizzle of oil and seasoning.

5. MUNCHABLE MUSSELS Dish up the saucy mussels, crumble over the drained feta, and garnish with the remaining parsley. Serve with the toasted baguette for dunking, the dressed leaves, and any remaining lemon wedges. Enjoy!

Nutritional Information

Per 100g

Energy	410kJ
Energy	98kcal
Protein	6g
Carbs	13g
of which sugars	2.7g
Fibre	1.7g
Fat	2.3g
of which saturated	1g
Sodium	316mg

Allergens

Gluten, Dairy, Allium, Wheat, Alcohol,
Shellfish/Seafood

Cook
within 1
Day