

Moules Marinière

You will need

Medium pan with a tight fitting lid

Ingredients

Mussels (**molluscs**), onion, butter (**milk**), white wine (**sulphites**), parsley (**allergens in bold**)

Cooking Instructions

1. Open chilled wine, pour into glass and enjoy.
 2. Chop parsley.
 3. Heat the confit onions on medium heat until all the butter is melted.
 4. Add the mussels and coat in the butter mix.
 5. Add a splash of wine then turn up the heat a little and add the lid.
 6. After two minutes take a peak and if all mussels have started to open bring off the heat.
Tip: if some are still closed they may need a stir and discard any mussels that do not open.
 7. Sprinkle with parsley and serve in a large bowl.
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Indonesian Seafood Curry

You will need

Mixing bowl, medium saucepan

Ingredients

Curry: sea bass (**fish**), cod (**fish**), prawns (**crustaceans**), curry sauce (Balinese spiced paste (shallots, vegetable oil, red finger chillies, lemongrass, macadamia nuts (**tree nuts**), ginger, turmeric, lime juice (**sulphites**), palm sugar, shrimp paste (**crustaceans**), salt, birds eye chillies, sesame seeds (**sesame**), ground nutmeg), lemon grass, lime leaves, fish stock (**celery**), coconut milk, lime juice (**sulphites**).

Salad: green beans, shredded coconut, fried shallots, Indonesian curry salad dressing (palm sugar, shrimp paste (**crustaceans**), lime juice (**sulphites**) and olive oil) (**allergens in bold**)

Cooking Instructions

1. Place the sea bass and cod into the saucepan with curry sauce and coconut milk and bring to the boil.
Tip: do not allow to boil rapidly as this will break up the fish.
 2. Just before it gets to boiling point, turn down the heat and add prawns.
 3. Simmer without a lid for 4/5 minutes.
 4. Slice the rice bag open and heat in the microwave on full power for 2 minutes or simply boil in the bag for 2 minutes.
 5. Add all salad ingredients into a bowl mix and serve.
 6. Serve curry in a large bowl with rice and salad on the side.
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Passion Fruit Eton Mess

You will need

Mixing bowl, whisk

Ingredients

Egg white (**egg**), sugar, white wine vinegar (**sulphites**), bicarbonate of soda, double cream (**milk**), caster sugar, vanilla, passion fruit (**allergens in bold**)

Cooking Instructions

1. Whisk the vanilla sugar and cream together until you can lift the whisk out of the cream, and it forms soft peaks
2. Spoon out the passion fruit into a small bowl
3. If your meringue is not broken, then break up a little but be sure not to break too small
4. Add the meringue to the bowl with the cream and mix carefully
5. Pour in the passion fruit and spoon onto your plates