

Mussels with black beans, garlic and ginger

You will need

Large pan or a wok

Ingredients

- Mussels (**molluscs**)
- Ginger and garlic
- Black beans
- Mussel stock (**sulphites, fish, celery, gluten, soya**)
- Spring onion
- Coriander

(allergens in bold)

Cooking Instructions

1. Rinse the mussels briefly in fresh cold water. Check any which are open by giving them a sharp tap. If they remain open discard (they may close up slowly in which case they are fine to use.)
2. Heat a large pan or wok to a medium heat.
3. Add the garlic and ginger mix and fry for 20 seconds.
4. Add the mussels and stir.
5. Add the black beans and stir.
6. Add the mussel stock and cover.
7. Cook for 3 minutes until all the mussels open.
8. Give the mussels a sharp tap and discard any that don't open.
9. Chop the spring onions into long thin strips.
10. Serve the mussels in a large bowl. Sprinkle the spring onion and coriander over the mussels, serve and enjoy.

Sea Bass with hot, sour and sweet sauce

You will need

Vegetable oil, salt, 2 pans, steamer

Ingredients

- Sea bass fillets (**fish**)
- Hot and sour sauce (**gluten, soya, fish**)
- Bok Choi
- Rice
- Crisp shallot and cashew nuts (**nuts**)

(allergens in bold)

Cooking Instructions

1. In a frying pan, large enough to accommodate the sea bass fillets, heat a small amount of vegetable oil on a high heat.
2. Season both sides of the sea bass fillets with salt and fry skin side down in the hot pan.
3. Cook on the skin side until crisp, and then turn over and cook for a further minute on the other side.
4. Whilst the fish is frying, gently warm the hot, sour and sweet sauce in a small pan.
5. Wash and cut the bok choy into quarters lengthways and cook in a steamer for 3 - 4 minutes, or cook in salted boiling water for 2 - 3 minutes.
6. Make a small cut in the rice bag and heat in the microwave on full power for 2 minutes or add to a pan of boiling water for 2 minutes. Cooking times may vary, check rice is piping hot before serving.
7. Place the bok choy and sea bass fillets in the centre of your two plates, then spoon the warm sauce over the bok choy and fish.
8. Sprinkle with the shallots and cashew nuts.
9. Serve the rice on the side.

Mango Fool with cardamom shortbread

Ingredients

- Mango fool (**milk, egg, soya**)
- Mango purée
- Cardamon shortbread (**milk, gluten**)

(allergens in bold)

Cooking Instructions

1. Top the mango fool with mango purée to your desired taste, serve with shortbread, sit back, relax and enjoy.