

# Moules Marinière

## You will need

Medium pan with a tight fitting lid

## Ingredients

- Mussels (**molluscs**),
- Confit onions - onion, butter (**milk**),
- White wine (**sulphites**),
- Parsley

(allergens in bold)

## Cooking Instructions

1. Open chilled wine, pour into glass and enjoy.
2. Chop parsley and set aside.
3. Heat the pan over a high heat. Add about 60ml of white wine, the mussels and confit onions put the lid on. Cook over a high heat for about 3 minutes, stirring a couple of times.
4. Sprinkle with parsley and serve in a large bowl.

\* Note; if some of the mussels don't open during the cooking don't worry sometimes they stay shut but will still be cooked. Prise them open.

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# Indonesian Seafood Curry

## You will need

Medium saucepan

## Ingredients

- Seafood selection - sea bass (**fish**), cod (**fish**), prawns (**crustaceans**)
- Curry sauce - Balinese spice 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**).
- Green beans
- Shredded coconut
- Fried shallots
- Indonesian salad dressing - palm sugar, shrimp paste (**crustaceans**), lime juice (**sulphites**) and olive oil

(allergens in bold)

## Cooking Instructions

1. Place the fish into the saucepan with the curry sauce and coconut milk and bring to a simmer without a lid for 4-5 minutes. Do not allow it to boil rapidly as this will break up the fish.
2. 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.
3. Mix the green beans, shredded coconut, fried shallots and Indonesian salad dressing in a bowl.
4. Serve the curry in a large bowl with rice and the bean salad alongside.

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# Passion Fruit Eton Mess

## You will need

A whisk

## Ingredients

- Meringue - egg white (**egg**), sugar, white wine vinegar (**sulphites**), bicarbonate of soda, double cream (**milk**),
- Vanilla sugar - caster sugar, vanilla
- Passion fruit

(allergens in bold)

## Cooking Instructions

1. Whisk the vanilla sugar and cream together until the cream forms soft peaks.
2. Spoon out the passion fruit into a small bowl and set aside.
3. If your meringue is not broken, then break up a little into chunks.
4. Gently fold the meringue pieces into the cream.
5. Spoon the meringue and cream mixture onto plates and spoon over the passion fruit.