

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.

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.

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.