

Mussels with black beans, garlic and ginger

You will need

Large pan or a wok

Ingredients

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

(allergens in bold)

Cooking Instructions

1. Roughly chop the coriander and slice the spring onions.
2. Select a large pan with a lid, heat to medium and add 2 tbsps of vegetable oil and then add the garlic, ginger and black beans, stir and fry for 20 seconds.
3. Add the mussels and the stock for the mussels.
4. Stir and cook for 3 minutes with the lid on. Stir a couple of times during the cooking.
5. Remove from the heat, add the coriander and spring onions then pour into a bowl and serve.

*Note: if some of the mussels don't open during the cooking, don't worry, sometimes they just stay shut but will still be cooked, prise them open.

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 Choy
- Rice
- Crisp shallot and cashew nuts (**nuts**)

(allergens in bold)

Cooking Instructions

1. Wash and cut the bok choy into quarters lengthways and cook in a steamer for 3 - 4 minutes, or cook in lightly salted boiling water for 2 - 3 minutes.
2. 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.
3. In a frying pan, large enough to accommodate the sea bass fillets, heat a small amount of vegetable oil on a high heat.
4. Season both sides of the sea bass fillets with salt and fry skin side down in the hot pan for about 1 ½ minutes until crisp, then turn over and cook for a further minute on the other side.
5. Whilst the fish is frying, gently warm the hot, sour and sweet sauce in a small pan.
6. 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.
7. Sprinkle with the shallots and cashew nuts.

White Chocolate Fool with mango purée and cardamom shortbread

Ingredients

- White Chocolate Fool (**milk, egg, soya**)
- Mango purée
- Cardamom shortbread (**milk, gluten, nuts**)

(allergens in bold)

Serving Instructions

1. Serve the fool with shortbread on the side.