



# SEAFOOD DELIGHT

Prep Time: 30 minutes

Cooking Time: 30 minutes

Difficulty Rating: ■■■□□

## Ingredients:

### Mussels:

- 1 box Black Mussels
- ½ cup of soft butter
- Crushed garlic
- Fresh Parsley
- Fresh Loaf of bread

### Harissa Paste:

- 6 red peppers
- 1/2 teaspoon coriander seeds
- 1/2 teaspoon cumin seeds
- 1/2 teaspoon caraway seeds
- 1 1/2 tablespoon olive oil
- 1 small red onion, coarsely chopped
- 3 cloves garlic, coarsely chopped
- 3 hot red chiles, seeded and coarsely chopped
- 2 tablespoon freshly squeezed lemon juice
- 1/2 teaspoon salt

### Prawns:

- 2.25 lbs Mozambique Prawns
- Olive oil
- Salt and pepper

### Pak Choi salad:

- 4 Fresh Pak Choi
- Rocket salad
- 2 avocados
- ½ cup of toasted Pine Nuts
- Fresh Grana Padano
- Olive oil and lemon dressing

Together, made better, with you:

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## Method

### Mussels:

1. Mix the garlic into the soft butter
2. Place a teaspoon full of the garlic butter into each mussel
3. Place mussels on the grill and close the lid
4. Grill mussels for 2 minutes until the butter is melted
5. Place on a plate and add the fresh parsley, salt and pepper and serve with cut slices of the fresh loaf of bread.

### Harissa paste:

1. Grill the peppers, turning occasionally for about 25 minutes, until blackened on the outside and completely soft. Transfer to a bowl and allow to cool. Peel the pepper and discard its skin and seeds.
2. Place a dry frying pan over low heat and lightly toast the coriander, cumin, and caraway seeds for 2 minutes. Remove them to a mortar and use a pestle to grind to a powder.
3. Heat the olive oil in a frying pan over medium heat, and fry the onion, garlic, and chilis for 10 to 12 minutes, until a dark smoky colour and almost caramelized.
4. Now use a blender or a food processor to blitz together all the paste ingredients until smooth, adding a little more oil if needed.

### Prawns:

1. Open the fresh prawns and season with olive oil, salt and pepper.
2. Place the opened side facing down on the grill and grill for 3 minutes
3. Place the grilled prawns in a bowl and serve with the Harissa paste

### Pak Choi salad:

1. Place the Pak Choi on the grill and grill for 5 minutes, turning them regularly
2. Once they are grilled chop the Pak Choi and throw it into a salad bowl with the rocket salad.
3. Add the sliced avocado and toasted pine nuts
4. Grate fresh Grana Padano over the salad and finish it off with some olive oil and freshly squeezed lemon juice.

**megamaster**

TOGETHER, MADE BETTER