



Moules Frites and Garlic Baguettes with Baby Plum Tomato and Baby Leaf Salad

Seafood Special 35-40 Minutes • 2 of your 5 a day

32



Potatoes



Garlic Clove



Echalion Shallot



Lemon



Flat Leaf Parsley



Baby Plum Tomatoes



Cider Vinegar



Demi Garlic Baguettes



Garlic & White Wine Scottish Mussels



Creme Fraiche



Baby Leaf Mix



Mayonnaise

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Baking tray, garlic press, bowl, saucepan and lid.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Garlic Clove**	2	3	4
Echalion Shallot**	1	1½	2
Lemon**	1	1	2
Flat Leaf Parsley**	1 bunch	1 bunch	2 bunches
Baby Plum Tomatoes	125g	190g	250g
Cider Vinegar 14	15ml	22ml	30ml
Demi Garlic Baguettes** 13	2	3	4
Garlic & White Wine Scottish Mussels** 6 7	1 pack	1½ packs	2 packs
Creme Fraiche** 7	75g	120g	150g
Baby Leaf Mix**	50g	70g	100g
Mayonnaise 8 9	64g	96g	128g
Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	759g	100g
Energy (kJ/kcal)	3880/927	512/122
Fat (g)	47.3	6.2
Sat. Fat (g)	16.3	2.1
Carbohydrate (g)	112.1	14.8
Sugars (g)	17.3	2.3
Protein (g)	27.9	3.7
Salt (g)	3.26	0.43

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

6 Molluscs **7** Milk **8** Egg **9** Mustard **13** Cereals containing gluten **14** Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to [hellofresh.co.uk](https://www.hellofresh.co.uk) or use our app to rate this recipe

 You can recycle me!

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ



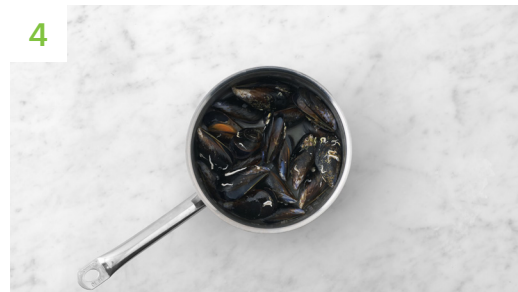
1 Make your Frites

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide fries (no need to peel).

Pop the **fries** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP: Use two baking trays if necessary.**

When the oven is hot, bake on the top shelf until golden, 25-30 mins. Turn halfway through.



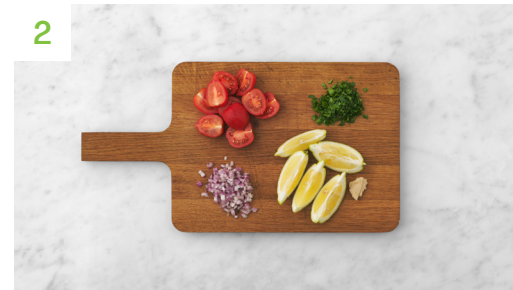
4 Simmer the Mussels

Meanwhile, heat a drizzle of **oil** in a large saucepan on medium-high heat.

Once hot, add the **shallot** and cook until softened, 3-4 mins.

Stir in the **garlic** and fry until fragrant, 1 min.

Add the **mussels** and their liquid into the pan. Pop the lid on and cook until piping hot, 5 mins. **IMPORTANT: Mussels served in shell, beware of sharp edges or broken shell. Discard any that do not open. Ensure they're piping hot throughout.**



2 Prep Time

Meanwhile, peel and grate the **garlic** (or use a garlic press). Halve, peel and chop the **shallot** into small pieces.

Cut the **lemon** into wedges. Roughly chop the **parsley** (stalks and all).

Halve the **baby plum tomatoes**.

In a large bowl, combine the **cider vinegar**, **sugar** and **olive oil for the dressing** (see pantry for both amounts). Season with **salt** and **pepper**. Set your **salad dressing** aside.

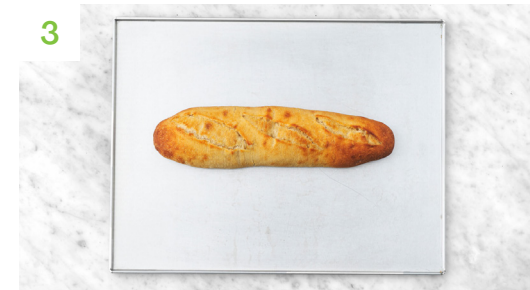


5 Finishing Touches

Stir the **creme fraiche** into the saucepan and bring to a simmer. Simmer until thickened, 2-3 mins.

Stir in a good squeeze of **lemon juice** and **half the parsley**.

When everything's ready, add the **tomatoes** and **baby leaves** to the **dressing** and toss to coat.



3 Bake the Baguettes

When your **chips** are halfway through cooking, place the **garlic baguettes** on a medium baking tray.

Bake on the middle shelf of your oven until golden and piping hot, 12-15 mins.



6 Serve Up

Share the **mussels** between your serving bowls and sprinkle over the remaining **parsley**.

Serve your **frites**, **salad** and **garlic baguettes** alongside.

Serve with the **mayo** for dipping and any remaining **lemon wedges** for squeezing over.

Enjoy!