Prawn & mussel pies

READY IN	SERVINGS	CALORIES
35 min.	4	1696 kcal

Ingredients

- [ ] 375 g puff pastry
- [ ] 150 ml wine
- [ ] 1 kg shells cleaned
- [ ] 2 tbsp olive oil
- [ ] 1 large onion sliced
- [ ] 4 sticks celery sliced
- [ ] 1 star anise
- [ ] 1 strip orange zest peeled
- [ ] 2 bay leaves
- [ ] 1 pinch saffron threads

- [ ] 4 juice of lemon
- [ ] 200 g cherry tomatoes halved
- [ ] 1 pinch ground pepper dried crushed
- [ ] 350 g shrimp peeled
- [ ] 25 g butter to taste
- [ ] 4 servings parsley chopped

Equipment

- [ ] bowl
- [ ] frying pan
- [ ] baking sheet
- [ ] oven
- [ ] sieve
- [ ] colander

Directions

- [ ] Heat oven to 200C/fan 180C/gas
- [ ] Lay the pastry (a piece about 18cm x 23cm) on a lightly floured surface.
- [ ] Cut into 4 rectangles (see Garys tip, below).
- [ ] Place on a baking sheet and bake for about 15 mins until golden and puffy.
- [ ] Meanwhile, pour the wine and 450ml/16fl oz water (see Garys tip below) into a large, deep pan and bring to a boil. Tip in the cleaned mussels and cover with a lid. After a couple of mins, remove the lid and stir the mussels until they open. Any refusing to open should be discarded.
- [ ] Drain the mussels in a colander, saving the juices.
- [ ] Remove the mussels from the shells, keeping some shells if you like, to use when serving the soup.
- [ ] Warm the olive oil in the pan, then add the sliced onion, celery, star anise, orange zest, bay leaves, saffron and lemon juice. Cook over a moderate heat without colouring the vegetables, stirring occasionally, until completely tender, 12-15 mins.

- [ ] Strain the mussel cooking liquor through a fine sieve over the vegetables, and bring to a simmer.
- [ ] Add the tomatoes, season with a pinch of cayenne pepper or crushed chillies and simmer for a few mins to soften the tomatoes. Spoon the mussels and prawns into the soup, stir in your preferred quantity of butter and heat to just below simmering point you dont want to overcook the fish.
- [ ] Sprinkle in some chopped parsley to finish, and serve in bowls with a pastry lid perched on top of each.

Nutrition Facts

PROTEIN **14.09%** FAT **28.33%** CARBS **57.58%**

Properties

Glycemic Index:90.25, Glycemic Load:99.08, Inflammation Score:-9, Nutrition Score:40.275651877341%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 4.49mg, Hesperetin: 4.49mg, Hesperetin: 4.49mg, Hesperetin: 4.49mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Apigenin: 9.77mg, Apigenin: 9.77mg, Apigenin: 9.77mg, Apigenin: 9.77mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 8.26mg, Quercetin: 8.26mg, Quercetin: 8.26mg, Quercetin: 8.26mg

Nutrients (% of daily need)

Calories: 1695.57kcal (84.78%), Fat: 52.32g (80.5%), Saturated Fat: 14.06g (87.88%), Carbohydrates: 239.28g (79.76%), Net Carbohydrates: 227.91g (82.88%), Sugar: 11.9g (13.22%), Cholesterol: 154.31mg (51.44%), Sodium: 436.42mg (18.97%), Alcohol: 3.92g (100%), Alcohol %: 0.77% (100%), Protein: 58.56g (117.12%), Selenium: 181.44µg (259.2%), Manganese: 2.99mg (149.47%), Vitamin K: 99.04µg (94.32%), Phosphorus: 764.91mg (76.49%), Copper: 1.25mg (62.65%), Magnesium: 199.17mg (49.79%), Fiber: 11.37g (45.46%), Vitamin B1: 0.66mg (43.75%), Vitamin B3: 8.73mg (43.67%), Vitamin C: 33.13mg (40.16%), Folate: 159.1µg (39.78%), Iron: 7.14mg (39.67%), Zinc: 5.51mg (36.71%), Potassium: 1200.72mg (34.31%), Vitamin B2: 0.48mg (28.07%), Vitamin B6: 0.53mg (26.48%), Vitamin A: 937.17IU (18.74%), Calcium: 163.2mg (16.32%), Vitamin E: 2.41mg (16.09%), Vitamin B5: 1.37mg (13.7%)