




Quick West Coast seafood potjie

Nothing beats a potjie – except when the cooking time outlasts hungry guests. Succulent with a delicious smack of the sea, this one cooks in minutes!

 Less than 30 minutes **Serves:** 4

Recipe Type: Mains

Main Ingredient: Fish and Seafood

Ingredients

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1 knob PnP butter
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1 glug PnP Finest extra-virgin olive oil
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1 large PnP red onion, finely chopped
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4 cloves PnP garlic cloves, finely
chopped
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1 kilogram black mussels, cleaned
and beards removed
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500 grams prawns, deveined
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500 grams firm white fish fillets, cut
into chunks
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125 ml PnP dry white wine
.....
250 ml PnP cream
.....
125 ml PnP chopped parsley
.....
1 pinch PnP salt
.....
4 cups steamed white rice, or crusty
bread, for serving
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Method

- Heat butter and a glug of oil in a potjie over medium coals.
- Fry onion until soft, add garlic and fry for another minute.
- Toss in mussels, prawns and fish and pour over wine.
- Bring to the boil and cook covered for 6-8 minutes or until mussels have opened (discard unopened ones) and prawns and fish are just cooked.
- Add cream and parsley and gently stir to combine.
- Season and serve immediately with rice or bread.

Recommended Wine:

PnP chardonnay