

Mussels with Ginger and Coriander

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An easy, but very tasty, grown-up starter.

Ingredients

450ml fish stock
3cm chunk fresh ginger, sliced finely
1-2 chillies, finely chopped (omit if avoiding nightshades)
1 lime
24-30 mussels (depending on size)
a handful of fresh coriander

Preparation

Bring the fish stock to the boil in a deep saucepan.

Add the ginger, chilli and lime juice to the stock, and simmer for 5 minutes.

Add the mussels, stir and cover for 2 minutes, then stir and cover again for 2 more minutes.

The mussels should all be open by now (discard any that have not opened), add the chopped coriander, stir and serve immediately.

Notes

Place fresh mussels in a large bowl of cold water for an hour before cooking, changing the water 2 or 3 times. Don't forget to put a bowl out for the shells!

Preparation and Cooking	15 min	Difficulty	very simple
Portions	Serves 2	Amount	
Country/Region		Costs per Portion	
Vegetarian	No	Dairy free	Yes
Vegan	No	Gluten free	Yes
Egg free	Yes	Nut free	Yes
Legume free	Yes	Low GI	Yes
Yeast free	Yes	Best Bet	Yes
Nightshade free	Yes	Citrus free	No