



Mussels in a Spicy Coconut Ginger Sauce

10'
Hands on

15'
Cook Time

4
Portion(s)

1
Difficulty



Ingredients

- 4 onions, finely chopped
- olive oil
- 1 onion, finely chopped
- 10 g ginger, finely chopped
- 1 chili pepper, finely chopped
- 200 g stock, fish
- 1 tablespoon(s) brown sugar
- 4 tablespoon(s) lime juice, of 1 lime
- 200 g coconut milk
- 1 kilo mussels, washed
- 1 bunch coriander
- [French fries](#)

Διατροφικός πίνακας

Nutrition information per portion

273 Calories (kcal)	8.8 Total Fat (g)	2.4 Saturated Fat (g)	16.0 Total Carbs (g)
14%	13%	12%	6%
8.5 Sugars (g)	31.0 Protein (g)	1.4 Fibre (g)	1.7 Sodium (g)
9%	62%	6%	28%

Method

- Sauté the spring onions with some olive oil in a deep pan with a lid.
- Add the onion, ginger and hot pepper. Stir and sauté.
- Add the stock, brown sugar, lime juice and coconut milk.
- Cook for 5 minutes, over high heat, until the sugar melts and the tastes have a chance to combine with one another.
- Add the mussels. Cover with lid and simmer for 3-4 minutes, until the mussels open. Discard any that do not open on their own.
- Serve in a bowl with broth and a generous amount of finely chopped cilantro.

Tip

Coconut milk and coconut cream are two different thing so make sure you use coconut milk!