

Moules Marinière



Ingredients:

- 1 Tbsp Olive Oil
- 1 Onion, peeled and finely sliced
- 2 Garlic Cloves, peeled and finely sliced
- 150 ml White Wine
- 1 kg Live Mussels, cleaned and beards removed (see below)
- 75 ml Double Cream
- ½ x 28 g Pack Flat Leaf Parsley, finely chopped
- Crusty Bread, to serve

Directions:

1. Heat the oil in a large, deep pan. Gently fry the onion for 10 minutes until tender, adding the garlic for the final minute.
2. Turn up the heat, then stir in the white wine and simmer for 1 minute.
3. Add the mussels, then cover with a lid and steam for 3–4 minutes, until they have fully opened.
4. Remove the lid, then pour in the cream and parsley. Stir thoroughly but gently for 1 minute, then serve with crusty bread.

Cook's tip: It is important to prepare shellfish properly before eating. Wash the mussels well and pull off the beards (these are the tufty fibres that are attached to the shells). Discard any with cracked shells, or any that are open and do not close when tapped. Mussels will shrink and become tough if cooked for more than a few minutes. Once the shells have opened the mussels will be ready to eat.

Serves 2.

Nutrition - Each serving contains:
566 cals, 30g fat, of which 14g saturated fat, 6.4g added sugar, 1.4g salt

Prep Time: 10 mins **Cooking Time:** 15-20 mins



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