



Recipe Details

Recipe Name : Wok-cooked Fragrant Mussels
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Created : February 16, 2015
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Portions : 4

Weight (Per Portion)

One portion of this dish weighs approximately 290.00 Grams

Recipe Ingredients

Ingredient	Quantity	Allergen Warnings
Mussel, blue, raw	2 Kilo	 Molluscs
Oil, olive	1 Tablespoon	
Garlic	2 Clove	
Lemon grass, raw	3 Medium	
Ginger, fresh	3 Tablespoon Heaped	
Coriander leaves, fresh	2 Cup US	
Oil, sesame	1 Tablespoon	 Sesame
Salt, sea	1 Pinch	
Pepper, black	1 Pinch	
Onions, Spring or Scallions	5 Medium	
Lime, juice	3 Tablespoon	
Coconut, milk, canned	400 Millilitre	

Recipe Alerts

Allergen Warnings:



Recipe Method

Place your mussels with a couple of lugs of olive oil in a large, very hot wok or pot. Shake around and add the rest of the ingredients, apart from the lime juice and coconut milk. Keep turning over until all the mussels have opened - throw away any that remain closed. Squeeze in your lime juice and add your coconut milk. Bring to the boil and serve immediately.

