

Curried Mussels, Sweet Potato, Leeks & Grilled Rye

Recipe by: Laurence Tottingham



“A nice winter warmer this one, lightly curried mussels using a garnish of leeks, strips of sweet potato, onions & garlic.”

Prep Time: 10 minutes | Cooking Time: 10 minutes | Serves: 2 people

Ingredients

- 250g fresh Mussels
(These are from [Neves Fleetwood!](#))
- ½ sweet potato peeled and then shaved down with a peeler into strips
- ½ leek paysanne
- 1 onion brunoise
- 2 cloves garlic crushed
- 100g white wine
- 100g double cream
- 1 tsp cumin
- 1 tsp garam masala
- Flavour Magic Curry
- Salt to taste
- 1 slice 100% rye bread du jour



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Method

1

In a hot pan open the Mussels with the wine and a lid on, shaking occasionally for a couple of minutes until the Mussels are cooked.

2

Strain off the liquor and reserve both the stock and the cooked Mussels.

3

In the same pan add some oil and sweat down the veg, add the spices and cook out for 30 seconds.

4

Then add the stock and cream and reduce until thick, add the Mussels and a little curry salt to taste.

5

Char the 100% rye bread and serve on the side.