



## Thai red curry mussels

Mussels are produced in many areas around the UK. These include around the coast of Scotland, Wales and Ireland, and more specifically the Shetland Isles, Cornwall and Devon. Mussel beds, or ropes, are typically in-shore. Mussels are hugely seasonal, and spawn in the warm summer months. They are at their best when waters are cold.

04MUS00K0A MUSSELS: (KG)



**Prep Time & Cooking Time: 20 minutes and 10 minutes**

### Ingredients – Serves 2 People

- 04MUS00K0A - MUSSELS: 1Kg
- Thai red curry paste: 15gm
- Spring onions - chopped: 1
- Coconut milk: 100ml
- Fish sauce: 10ml
- Lime: 1
- Kaffir lime leaves: 2
- Red chilli: 10 rings
- Vegetable Oil: 10ml
- Coriander for garnish.



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### Method

#### 1

Clean the mussels by scrubbing them and pulling off any beards.  
Do not use any mussels that don't close during the cleaning process or when tapped.

#### 2

Heat the oil in a large pan, add half the chopped spring onions and cook for a minute. Add the lime leaves and red curry paste and cook for a minute.  
Add the coconut milk and bring to a simmer. Cook for 2-3 minutes.  
Add cleaned mussels and cover with a lid.

#### 3

Cook for 5-6 minutes more, gently shaking the pan to help the mussels open. Once they are open add the fish sauce, juice of half the lime and chilli slices.

#### 4

Serve in deep bowls, garnished with coriander, the remaining chopped spring onions and lime wedges.