



Mussels in White Wine, Garlic and Tomatoes

Preparation Time: 7 mins

Cooking Time: 20 mins

Serves: 6-8

Difficulty: Easy

INGREDIENTS

½ onion finely chopped
1 shallot finely chopped
6 garlic cloves, crushed
6 tablespoons of butter
4lbs/2kg fresh mussels
2 cups of Sauvignon Blanc wine
½ cup freshly chopped Italian parsley
1 cup of vegetable or chicken broth
1 freshly squeezed lemon
Can of petite diced tomatoes

Note

You can buy garlic cloves already crushed in a jar. For 6 garlic gloves, 6-8 teaspoons should be good for this recipe.

Add more chicken or vegetable broth if you would like it to have more liquid.

Variation

Add cream/Thai coconut cream/milk and Thai Red Curry to change it up. Replace the Italian parsley with fresh chopped cilantro.

DIRECTIONS

1. Debeard from your mussels, clean and drain in a colander.
2. In a large pot, set to medium-high heat and add the butter.
3. When butter is melted, add shallots and onions. Sauté until translucent. Approximately 3 mins.
4. Add the crushed garlic and sauté for 1 min.
5. Add wine, turn up the heat to high and bring to a boil for 3 mins, then reduce to a simmer.
6. Add vegetable/chicken broth and tomatoes. Let simmer for 5 mins. Stir a few times.
7. Turn the heat up to medium, add the mussels and stir to cover in the sauce.
8. Cover and shake the pot once or twice. Mussels are cooked when they open. Approx 6-8 mins.
9. Toss in Italian parsley and serve with bread.