



EASY FRENCH MOULES MARINIÈRES

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

Serves 2-4

- 1kg fresh mussels
- large knob of unsalted butter
- 3-4 shallots, finely chopped (or 1 onion)
- 2 cloves of fresh garlic, finely chopped
- 25cl single cream
- 100ml dry white wine
- Handful fresh flat-leaf parsley, roughly chopped
- Fresh black pepper

PREP TIME

Prep time: 20mins

Cooking time: 10mins

METHOD

- Add the mussels to a colander and shake them under cold running water. You don't need to scrub the shells. With a strong shaking action, the mussels should all close up. If they don't close, discard them.
- Scrape off any barnacles from the mussels with a knife and pull out the 'beards' and rinse well.
- In a large cast iron pan, add the butter and soften the shallots and garlic, over a medium heat for about 1 minute.
- Add the mussels and white wine, cover the pan tightly with a lid and cook for 4-5 minutes, until the mussels open. Again, discard those that haven't opened.
- To finish, stir in the cream and chopped parsley and shake to cover all the mussels.
- Don't forget to accompany with some delicious French bread or sourdough.

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