

Gill's Gourmet Gallery

Mussels with crunchy vegetables

Ingredients:

1 kilo mussels, 4 shallots, 2 garlic cloves, 1 inch ginger, 1/2 red chilli, Dry Thai spices, 3 tbsp oil, 1 pak choi, 6 small corn, 12 mange tout, 4 red cabbage leaves, 2 carrots, 6 broccoli florets, 1 tin coconut milk, 1 teaspoon sugar, Salt and pepper.

Method:

Place 1 kilo of fresh mussels in a pan of cold water as soon as you buy them. Clean off the seaweed and Barnacles with a small knife. Rinse and leave in fresh water. In a pan lightly fry chopped shallots, minced garlic, chilli, ginger and dry Thai spices. As the shallots soften add the mixture of chopped stir fry vegetables. Small corn, broccoli florets, mange tout, pak choi, red cabbage and carrots. Stir fry gently for 5 minutes. Add the coconut milk and 1 tsp sugar, stir until hot. Season. Turn off the heat. Drain the mussels in a colander. Fill a large pan with salted boiling water and add the mussels, cover and bring to the boil for 5 minutes. During this time begin to warm the vegetable soup again slowly. As the shells are now open and the mussels cooked, drain and place in a serving dish. Smother with the vegetables. Serve immediately with crusty bread

