

ORIENTAL MUSSELS

2 persons / 587 kcal per person

Ingredients:

- 2 kg of fresh mussels
- 1 tablespoon of sunflower oil
- 400 grams of Chinese stir-fry mix
- ½ tablespoon of ginger powder
- 1 teaspoon of chili powder
- 50 ml dry sherry
- ½ Robust bake-off baguette
- 40 ml sweet chili sauce



Preparation:

Bake baguette 10-12 minutes at 220 °C. Rinse and select mussels. Mussels that are open and that do not close after a firm tap on the counter, throw away. Heat oil in a large pan. Stir-fry vegetables with ginger powder and chili powder for 2 minutes. Pour in Sherry and add mussels, cover pan and bring to the boil. Cook mussels for 10 minutes until all mussels are open. Scoop every now and then. Divide mussels with vegetables between two plates. Serve with baguette and chili sauce.

Nutritional value per person:

Energy:	587 kcal
Protein:	44.2 grams
Carbohydrates:	67.6 grams
- including sugars:	16.9 grams
Fat:	13.0 grams
Fiber:	8.2 grams
Salt:	2.9 grams