

Thai Style Mussels



**Seafood! Eat your way to better health
with Omega-3**

Master Fish Merchants' Association of Australia

Thai Style Mussels

Serves 4

- 2kg Blue Mussels, scrubbed and bearded
 - 1 medium onion, finely chopped
 - 3 garlic cloves, crushed
 - 2 tablespoons red curry paste
 - 2 tablespoons fish sauce or oyster sauce
 - 1 tablespoon brown sugar
 - 400ml can coconut milk
 - ½ cup coriander leaves or basil leaves
 - 1 fresh red chilli, finely chopped
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- Heat vegetable oil in a large pan, add onion and garlic, and cook on medium heat for 1-2 minutes to soften. Add curry paste and fry for ½ minute to release flavour.
 - Add coconut milk, brown sugar, fish sauce, and stir well. Add mussels and bring to the boil.
 - Cook mussels for 2-3 minutes until open.
 - Sprinkle mussels with chillies and coriander, and serve with steamed rice.

