

Moules Marinire

2kg (4lbs 7oz) fresh mussels, washed, de-bearded and scrubbed
30g (1oz) butter or margarine
1 onion, finely chopped
1 clove garlic, crushed
300ml (10 fl oz) dry white wine, or stock
2 x 15ml spoon (2 tablespoons) lemon juice
3 bay leaves
salt and black pepper
3 x 15ml spoon (3 tablespoons) fresh chopped parsley

Serves 4

NUTRITIONAL VALUES PER PORTION (APPROX) 261Kilocalories;
23g Protein; 10g Fat; 8g Carbohydrate; 1g Fibre.

Melt the butter or margarine in a large saucepan and lightly fry the onion and garlic, until onions are soft and transparent.

Add the liquids, bay leaves and seasoning's and bring to the boil. Add the mussels all at once, cover and cook over a high heat, shaking the pan occasionally to ensure even cooking.

When all the mussels have opened (discard any that remain closed), transfer to a heated serving dish, reserving the liquid.

Return the liquid to the heat and boil rapidly until reduced by half, stir in the parsley and season to taste.

Pour the sauce over the mussels, before serving with French bread.

