



Recipe  
suggestions

## Moules mariniere (serves 2)

### Ingredients

- > 1kg mussels, de-bearded
- > 25g butter
- > 2 shallots, finely chopped
- > 2 bay leaves
- > 2 sprigs thyme
- > 200ml white wine
- > 1 tbsp whipping cream
- > 3tbsp parsley, finely chopped

### Method

- > In a large saucepan, melt the butter, then add the shallots, bay leaves and thyme sprigs and gently soften for 5-10 mins.
- > Add the white wine and bring to the boil, then add the mussels. Cover with the saucepan lid and cook for 2-3 mins, shaking occasionally, until most of the mussels have opened.
- > Add the whipping cream and parsley and stir well.
- > Serve in two soup bowls with plenty of crusty bread.

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