



Mussel Pot



LCHF



Servings: 4
Total Time: 30 mins
Cooking Time: 15 mins



METHOD

Finely dice the onion. Over a medium-high heat, melt the butter & olive oil in a potjie pot (size 2) or heavy-bottomed saucepan. Add the onions & garlic & stir-fry until soft. Stir in the thyme, wine & cream, bring the sauce to a boil and cook for 3 mins.

Turn the heat down to medium-low and slowly stir in the soup powder a little at a time until the desired consistency has been reached. Cover the pan with a lid and simmer for 2 mins.

Season generously with ground black pepper and gently stir in the mussels taking care to not break the mussel meat. Replace the lid and simmer for a further 2 mins.

Turn off the heat & fold in the spring onions. Spoon equal portions into soup bowls & garnish with parsley before serving.

INGREDIENTS

1 onion, peeled
1 Tbsp butter
1 Tbsp light olive oil
1 tsp finely chopped garlic
1 tsp freshly chopped thyme
1 cup white wine (eg. Sauvignon Blanc)
1 cup fresh cream
2-4 Tbsp white onion soup powder or
White Onion Soup Mix*
freshly ground black pepper (lots!)
500g half-shell mussels (frozen or fresh)
500g mussel meat (frozen or fresh)
75g spring onions, finely sliced
1 Tbsp freshly chopped parsley, chives or
thyme

SERVING SUGGESTIONS

Serve with fresh hot ciabatta, *Potato Bread with Feta & Spring Onions** or *Beer Bread**.



Use *White Onion Soup Mix** instead of commercial soup powder.