FRENCH · LUNCH · DINNER

Moules Marinière (Mussels in White Wine)

25 min · Serves 2 · 333 kcal a serve · Video 7:13 · French Cooking Academy

Pescatarian · Gluten-free ingredients · No nuts listed

Mussels are lean and nutrient-dense: each serve gives about 27 g protein, many times the daily vitamin B12, plus around 8 mg iron and plenty of selenium, with only 10 g butter in the whole pot.

Diet notes: Paleo with a swap: ghee instead of the unsalted butter, leave out the double cream.

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Ingredients 12 · SERVES 2

- [ ] 1 kg **fresh mussels** in their shells, cleaned
- [ ] 1 **garlic** clove
- [ ] 1 large **shallot**
- [ ] 1 small stick **celery**, finely diced
- [ ] a bunch of **flat-leaf parsley** (about 1 tbsp finely chopped)
- [ ] 10 g **unsalted butter**
- [ ] a few sprigs **thyme**
- [ ] 1 **bay leaf**
- [ ] 200 ml **dry white wine** (e.g. sauvignon blanc)
- [ ] 1 tbsp **double cream** (optional)
- [ ] **salt** to taste (go easy, the cooking juices are already salty)
- [ ] **pepper** to taste

Allergens found in the listed ingredients: Molluscs, Milk, Celery, Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Scrape or snip off any beards and seaweed from the mussels, and discard any that are broken or stay open when tapped. 1:50
2. Blitz the garlic, shallot, parsley and celery in a small food processor (or chop very finely) to a coarse paste. 1:35
3. Melt the butter in a large pot over low heat and gently sweat the herb paste with the thyme and bay leaf until fragrant. 2:52
4. Tip in all the mussels and toss to coat. Turn the heat to high, pour in the wine and bring to the boil, stir once, cover and cook 5–6 minutes until the shells open. 3:38
5. Lift the mussels into a serving bowl. Stir the cream (if using) into the juices for a minute, season if needed and pour over the mussels. 4:58

> **Tip** Serves 2 as a starter (as the cook says); double it for a main. Serve with toasted baguette, or with fries the Belgian way. Skip the cream for a lighter, classic broth.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
333 kcal	27 g	15 g	1.1 g	12 g	620 mg
1,390 kJ	54% of a day	14 g net · 2.4 g sugars	4% of a day	5.3 g saturated	27% of a day
		5% of a day		15% of a day	

Energy from net carbs 21% · protein 39% · fat 40% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 1101% · Selenium 181% · Omega-3 58% · Iron 46% · Vitamin K 33% · Zinc 29% · Folate 25% · Vitamin C 22% · Vitamin A 20%

Source of (10–19%) Vitamin B6 15% · Magnesium 14% · Potassium 11%

Recipe and video: French Cooking Academy (@FrenchCookingAcademy) on YouTube — youtube.com/watch?v=XAajvodGE48, published 9 October 2016. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/moules-mariniere