THAI · LUNCH · DINNER

Thai Mussels Steamed with Lemongrass and Basil

20 min · Serves 2 · 325 kcal a serve · Video 7:36 · Pailin's Kitchen

No dairy listed · No nuts listed

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A light, broth-based dish of about 325 kcal a serve, including a slice of toasted sourdough. Mussels give more than a day's vitamin B12 and are rich in selenium and iron, while the tomatoes and fresh herbs add vitamin C.

Diet notes: Low saturated fat (1.2 g, 3% of the energy); Paleo with a swap: olive, avocado or coconut oil instead of the vegetable oil, leave out the toasted sourdough; Gluten-free with a swap: Skip the bread (or use gluten-free bread) and check the stock and fish sauce labels; most are gluten-free.

Ingredients 16 · SERVES 2

- [ ] 450 g **live mussels** in the shell, scrubbed and debearded
- [ ] 1 tbsp **vegetable oil**
- [ ] 3 cloves **garlic**, chopped
- [ ] ¼ **red onion**, finely diced
- [ ] 240 ml **pork or chicken stock**
- [ ] 1 stalk **lemongrass**, thinly sliced on an angle
- [ ] 6–7 slices **galangal**
- [ ] 5 **kaffir lime leaves**, torn, centre rib removed
- [ ] 4 **Thai chillies**, crushed
- [ ] 150 g **cherry tomatoes**, halved, for the broth
- [ ] 75 g **cherry tomatoes**, halved, to finish
- [ ] 1 tbsp **fish sauce**
- [ ] 15 g **Thai basil leaves**
- [ ] 8 g chopped **coriander** (cilantro)
- [ ] 1 tbsp **lime juice** (optional)
- [ ] 2 slices **toasted sourdough**, to serve (optional)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Molluscs, Fish. 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. Rinse the mussels twice in cold water. Tap any open ones and throw away those that don't close; scrub off barnacles and pull out the beards. 2:48
2. In a large pot, cook the garlic and red onion in the oil until the garlic turns golden. 1:01
3. Add the stock, lemongrass, galangal, lime leaves, crushed chillies, 240 ml of the tomatoes and the fish sauce, and bring to a boil. 1:32
4. Tip in the mussels, cover and cook about 2 minutes until they open, stirring halfway if it's a big batch. Discard any that stay shut after another minute. 3:16
5. Turn off the heat, stir in the Thai basil, coriander and remaining tomatoes, and cover for 20–30 seconds. Taste the broth, add lime juice if you like it tangy, and serve with the broth and toasted sourdough for dipping. 4:02

> **Tip** Serves 1–2 (the cook's estimate). The lemongrass, galangal and lime leaves flavour the broth and aren't eaten. Use fish stock instead of pork or chicken stock to make it pescatarian.

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

One serve gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
325 kcal	20 g	38 g
1,360 kJ	40% of a day	35 g net · 6.2 g sugars
		14% of a day

FIBRE	FAT	SODIUM
3.3 g	11 g	1,420 mg
12% of a day	1.2 g saturated	62% of a day
	14% of a day	

Energy from net carbs 44% · protein 25% · fat 31%

High in (20%+ of a day) Vitamin B12 552% · Selenium 110% · Omega-3 68% · Vitamin K 49% · Vitamin C 40% · Iron 33% · Folate 24% · Zinc 22% · Vitamin B6 20%

Source of (10–19%) Magnesium 19% · Vitamin E 17% · Potassium 15% · Vitamin A 15%

⚠ One serve has about 62% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Pailin's Kitchen (@PailinsKitchen) on YouTube — youtube.com/watch?v=MEfQqHvUIrA, published 31 July 2015. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, 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/thai-herb-steamed-mussels