



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 cream cheese and then 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
2-4 Tbsp cream cheese with chives
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.