



three
blue
ducks

MUSSELS WITH DUCKS' CURRY SAUCE

WITH CHERRY TOMATOES

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SERVES 4

INGREDIENTS

150g Ducks Curry Paste
1kg mussels, cleaned
500ml coconut milk
1 red onion, sliced
1 punnet cherry tomatoes
300g cooked brown rice
1 bunch coriander,
cut roughly
1 bunch Thai basil,
leaves picked
2 tbls coconut oil
2 limes

METHOD

Add the oil to a large pot on a medium heat.

Add the onion and curry paste, fry until fragrant, stirring constantly.

Add coconut milk, bring to a boil, then add the mussels and tomatoes.

Place lid on and simmer until all the mussels have opened.

Add rice and herbs and season with lime juice.



#threeblueducks