

This recipe is taken from the cook book, **FRESH CHINESE**; written by Chinese National Healthy Living Centre nutritionist Wynn Chan, forwarded by Ken Hom. **Fresh Chinese** brings you a feast of over 80 mouthwatering recipes that won't pile on the pounds.

## Mussels with Basil and Black Bean Sauce

An oriental version of moules marinière, this fragrant and spicy dish is great on a cold, wintry night. Serve as a light lunch with Rice Noodles with Aromatic Prawns (see page 134).

**INGREDIENTS** *1 tablespoon rapeseed or olive oil • 1/2 teaspoon freshly ground black pepper • 2 red chillies, deseeded and sliced • 2 garlic cloves, crushed • 1 kg (2 lb) mussels, scrubbed and debearded • 60 ml (2 fl oz) Fish Stock (see page 19) • 1 tablespoon black bean sauce • 1 tablespoon Chinese rice wine or dry sherry • large handful of fresh coriander leaves • large handful of fresh Thai basil leaves*

**ONE** Heat the oil in a wok over a high heat until hot. Add the pepper, chillies and garlic and stir-fry for about 30 seconds until fragrant.

**TWO** Add the mussels and stir to mix, then add the stock, black bean sauce and rice wine. Cover the pan and cook for about 2 minutes until the mussels have opened.

**THREE** Toss in the coriander and basil leaves then transfer the mussels to a large serving dish, discarding any that have not opened. Serve immediately.

*Serves 4-6 with 2 other main dishes.*

### NUTRIENT ANALYSIS PER

**SERVING** 927 kJ – 221 kcal – 30.8 g protein – 7.2 g carbohydrate – 0.5 g sugars – 7.4 g fat – 1.4 g saturates – 0.1 g fibre – 821 mg sodium

**HEALTHY TIP** Mussels are a rich source of the minerals iodine and iron. Shellfish are the best source of iodine, which is needed to make thyroid hormones that control the rate at which the body uses energy.

