

Coconut Lime Steamed Mussels

9 ingredients · 20 minutes · 2 servings



Directions

1. In a large pot with a lid combine the coconut milk, water, cilantro, green onion, lime juice, ginger and coconut aminos. Bring to a simmer over medium heat.
2. Meanwhile, place mussels in a large colander and rinse with cold water. Discard any broken mussels and remove beards if necessary.
3. Transfer mussels to the simmering liquid and cover with lid. Let them steam for 6 to 8 minutes, stirring halfway through, or until most of the mussels have opened. Transfer the opened mussels to a dish and discard any mussels that have not opened. Season the broth with sea salt, if needed.
4. To serve, divide between bowls and spoon broth over top of the mussels. Enjoy!

Ingredients

121 milliliters Canned Coconut Milk (full fat)
119 milliliters Water
4 grams Cilantro (chopped)
2 stalks Green Onion (chopped)
29 milliliters Lime Juice
9 grams Ginger (grated)
15 milliliters Coconut Aminos
907 grams Mussels
2 grams Sea Salt (optional)

Nutrition

Amount per serving

Calories	515	Sugar	3g
Fat	21g	Protein	55g
Carbs	23g	Zinc	7mg
Fiber	0g		

