



Coconut Lime Steamed Mussels

2 servings
 20 minutes

Ingredients

- 1/2 cup Organic Coconut Milk (full fat, from the can)
- 1/2 cup Water
- 1/4 cup Cilantro (chopped)
- 2 stalks Green Onion (chopped)
- 2 tbsps Lime Juice
- 1 1/2 tbsps Ginger (grated)
- 1 tbsp Coconut Aminos
- 2 lbs Mussels
- 1/4 tsp Sea Salt (optional)

Nutrition

Amount per serving	
Calories	515
Fat	21g
Saturated	11g
Carbs	23g
Fiber	0g
Sugar	3g
Protein	55g
Cholesterol	127mg
Sodium	1747mg
Potassium	1608mg
Vitamin A	1348IU
Vitamin C	43mg
Calcium	136mg
Iron	18mg
Vitamin D	0IU
Vitamin B6	0.3mg
Folate	197µg
Vitamin B12	54.4µg
Magnesium	161mg

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!

Notes

Leftovers, Remove cooked mussels from their shells and transfer to an airtight container. Cover the mussels completely in the coconut lime broth and keep refrigerated for one day.

More Flavor, Add garlic or red pepper flakes to the broth.

Additional Toppings, Serve with lime wedges, green onion or cilantro.

No Coconut Aminos, Use soy sauce or tamari instead of coconut aminos



Zinc	7mg
Selenium	203µg