

Starter

Fowey mussels in coriander, chilli, lime & coconut broth

 serves

4 people

Ingredients

Fresh live mussels

Fresh red chilli (very finely chopped with seeds intact)

Fresh coriander (finely chopped)

Juice of 2 limes

A splash of good olive oil

1 x 400ml tin of coconut milk

Pinch of sea salt and cracked black pepper

How to cook it

1. When you buy fresh mussels keep them stored in the fridge under a damp cloth like a tea towel until you're ready to use them. Before use clean the mussels by pulling off any 'beards' or straggly material attached to them and rinsing them in clean cold water.
2. Make the sauce by combining the chopped chilli, olive oil, coriander, lime juice, coconut milk and salt and pepper
3. Put the cleaned mussels in a deep pan, one that has a good fitting lid and pour over the sauce.
4. With the lid on steam the mussels over a high heat shaking the pan occasionally until all the shells have opened (discard any that remain closed).
5. Spoon the mussels into warm bowls, top with the sauce and serve with crusty bread to soak up the broth.