

MILK STOUT MUSSELS

Time: 20 minutes

Serves: 2

Ingredients:

1 tablespoon extra-virgin olive oil
2 cloves garlic – finely chopped or grated
1 small bulb fennel – thinly sliced
½ teaspoon kosher salt
¼ teaspoon fresh-ground black pepper
2 pounds live mussels – rinsed in cold water and drained
½ cup milk stout
½ cup heavy (whipping) cream
2 tablespoons flat-leaf parsley – finely chopped

Preparation:

Place a large pot on high heat and add the olive oil.

Add the garlic, fennel, salt and pepper. Cook for four minutes, stirring occasionally.

Add the mussels and beer. Cover the pot and cook for five minutes.

Stir in the cream and bring to a boil for two minutes. Remove from heat.

Add the parsley, tossing or stirring the mussels to distribute.

Discard any unopened mussels and serve immediately.

Nutritional Information Per Serving:

Calories: 550
Fat: 34g
Carbs: 23g
Fibre: 4g
Protein: 31g