



Flying Inspiration

Fly with the Feminine ...

Gabriella Guglielminotti Trivel's recipes

Tangy mussels

Suggestions: a quick to cook dish that brings the flavour of the sea and is a rich source of zinc, calcium, iron, magnesium, selenium, vitamin B6, B12, A, C and folate.

Instructions



chive



Fry in olive oil the finely chopped garlic, onions and ginger; let it cook for a while then add some finely chopped lemon zest and chive.



Add some coconut cream flakes and some dry white wine; let it cook down until the sauce starts reducing.



Add some coconut milk and let it simmer and consume down. When the sauce is thickening and getting creamy add the mussels that have been cleaned and let them cook at high temperature until they open. Once they are all open serve them in a bowl with some of the sauce.



If you like this recipe, I would like to read your comments!
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