



Family Meal

Nola Mussels



SERVES
3-4



PREP
5 mins



COOK
12 mins

INGREDIENTS

- 2-4lbs mussels (2lbs will leave extra sauce)
- 6oz andouille sausage
- 2 tbsp oil
- 2 cups dry white wine
- 2 shallots sliced
- 2 tbsp minced garlic
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1/2 tsp red pepper flakes
- 1/2 tsp creole seasoning
- 1/2 cup chopped mixed herbs (Parsley, Basil)
- 6 tbsp butter

818 calories per serving

METHOD

1. Wash & clean mussels (scrubbed, debearded).
2. In a pot set to medium, put a light drop of oil.
3. Add Shallots, garlic, spices, and saute quickly (1 min).
4. Add andouille sausage and saute quickly.
5. Add wine, bring to a boil. Cook on medium heat for 3 min.
6. Add mussels and set to high heat, cook until they open (5-6 min).
7. Add herbs, butter, simmer for 1 min.
8. Enjoy mussels and sauce with your favorite toasted bread or over pasta!