

## Spiced Mussels Recipe

**Ingredients:** Serves 4

500g mussels, rinsed and de-bearded  
3 tablespoons mayonnaise  
1 teaspoon garam masala  
½ red chili, deseeded and chopped finely  
2 scallions (green onions), chopped finely  
45g white breadcrumbs  
salt

**Method:**

Bring 2 cups of water to a boil in a large pan. Put in the mussels, cover, and cook over high heat for 5 minutes. Discard any unopened mussels. Remove the meat from the opened shells and reserve the shells. Chop the mussel meat finely and mix with the mayonnaise. Add the garam masala, chili, scallions, and breadcrumbs. Taste and adjust for salt, then spoon the mixture back into the shells and serve. Garam masala - a blend that usually contains cumin, red pepper, fennel seeds, cardamom and coriander seeds.

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