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## Spicy Mussels in Cilantro and Coconut Broth

### Ingredients

2 pounds of mussels  
3 teaspoons of coconut oil  
½ cup of chopped onions  
4 garlic cloves, finely chopped  
1 teaspoon of minced ginger  
1 medium cayenne pepper thinly sliced or substitute with ½ teaspoon of hot pepper flakes  
2 teaspoons of curry powder  
½ cup white wine  
1 - 14 ounce can of coconut milk  
¼ or to taste of salt and ground pepper  
½ of chopped cilantro

### Preparation

Soak mussels in a bowl of cold water to remove any sand. Individually remove the strands (byssal thread) from each mussel. [Add web definition with video.](#)

Once the mussels are cleaned, set them aside. Heat the coconut oil in a large paella pan and saute the onion, garlic, ginger, cayenne pepper and Cilantro. Saute these ingredients for about 4 minutes or until the onions become translucent. Add the curry powder and white wine. Evaporate off the alcohol in the wine, which will take a few minutes. Add in the coconut milk and heat mixture to a low simmer. Now you are ready to add the mussels! It takes about 5 to 8 minutes for the mussels to open. Once they are all open, add the salt and ground pepper and serve. Garnish with lime slices and several pinches of fresh cilantro.