



CHLOË BOWLER
complete wellbeing

MOULES MARINIÈRE



Ingredients

- 1 onion
- 2 cloves of garlic
- Bouquet garni
- Glass of white wine
- 1 Bag of mussels
- Parsley
- Creme fraiche

Instructions

1. Start by washing the mussels in cold water, and remove any beards (also get rid of any mussels that are really closed).
2. Soften the chopped onion, garlic and the bouquet garni in olive oil in a large pan. Add a glass of wine, season and stir through.
3. Add the mussels and pour in the wine. Cook on a high heat with the lid on until the mussels steam open for 3-5 minutes. Stir in 1-2 tablespoons of creme fraiche, and lots of chopped parsley.

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