

# MUSSELS CONGOLAISE

Yield: 2 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-chipotle-muscles-recipe>

## Ingredients:

- 1 1/2 pounds mussels cleaned
- olive oil
- 1/4 red onion julienned
- 1/2 tablespoon minced garlic
- 2 cups coconut milk
- 1 cup diced tomatoes fresh
- 1 tablespoon chipotle purée
- 1/4 cup lemon juice
- 1/2 tablespoon ground fennel seed
- 1/2 tablespoon ground coriander
- 1/2 tablespoon black pepper coarse
- 1/2 tablespoon cumin seeds toasted
- 1 cup cilantro leaves fresh
- salt to taste
- 1 ounce bourbon Four Roses
- 1 ounce apple Moroccan spiced, shrub
- 2 dashes Angostura bitters
- 3 ounces ale Chambar, or equivalent Belgian pale ale
- chip Dehydrated apple, to garnish, optional

## Nutrition:

1. Calories: 1130 calories
2. Carbohydrate: 52 grams
3. Cholesterol: 95 milligrams
4. Fat: 80 grams
5. Fiber: 9 grams
6. Protein: 49 grams
7. SaturatedFat: 52 grams
8. Sodium: 1490 milligrams

9. Sugar: 14 grams

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