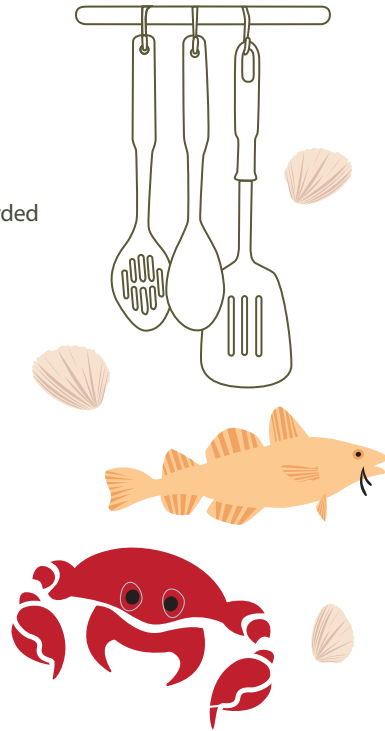


## Curried Carrot Mussels

Makes 4 servings.

### ingredients:

- 3 pounds farmed mussels, scrubbed and debearded
- 2 tablespoons oil
- 3 tablespoons ginger, peeled and minced
- 3 medium shallots, minced
- 16 ounces canned or fresh tomatoes, diced
- 1 to 2 teaspoons cayenne pepper
- 3 tablespoons curry powder
- 2 cups carrot juice
- 1/2 cup cilantro, chopped and divided
- Lime wedges



### directions:

1. Close all mussels by lightly tapping each shell and setting aside. Discard mussel if it does not close.
2. Heat oil in a wide pot over medium-high heat, saute ginger and shallots. Then add tomatoes, cayenne pepper and curry, cook for 1 or 2 minutes.
3. Add carrot juice and 1/4 cup cilantro, bring to boil. Cook broth until reduced by half, about 5 or 6 minutes.
4. Add mussels and cover pot, stirring occasionally. Cook until mussel shells pop open, about 4 minutes. Discard any mussels that remain closed after cooking.
5. Place mussels in a bowl, spoon in broth and garnish with remaining cilantro and lime wedges.

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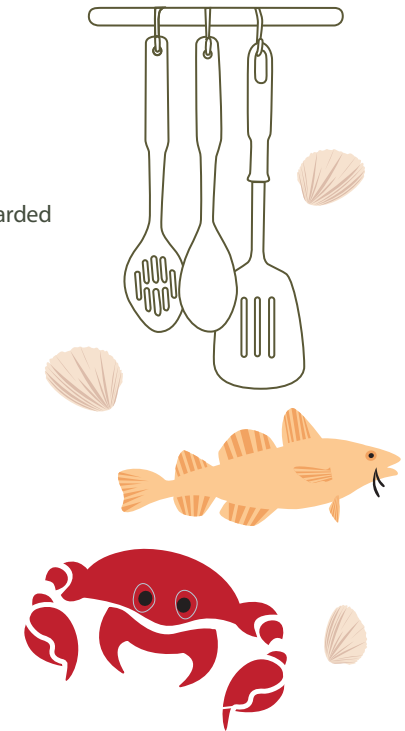


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