

Easy Ways To Make TASTY MUSSELS For Pregnancy



Mussels In Saffron Cream



- 1 Fry onions and saffron with some salt until the onions soften. Add water to let it boil.
- 2 Add cream, black pepper, and mussels, and let it cook till the shells open up.
- 3 Check all the mussels and remove the unsafe ones. Serve with a garnish of parsley.

Grilled Mussels With Curry Butter

- 1 Make a mix of butter, garlic, cumin, curry powder, and salt and set it aside.
- 2 Place the mussels on an aluminum foil and add the curry powder mix, parsley, bell peppers, and lime.
- 3 Place the concoction on a preheated grill until the mussels open up, and serve with lime wedges.



French Country Mussels



- 1 Fry some garlic and onions until brown, then add tomatoes, parsley, and ground black pepper.
- 2 Add in the mussels and toss them to coat them with the tomato mixture.
- 3 Stir in intervals until all the mussels have opened up.