



Mao's Mussels (Black Beans and Chilli)

NIBBLEDISH CONTRIBUTOR

Ingredients

- 1Kg Fresh or Frozen New Zealand Mussels - 4-5 Hot Chilli Peppers - 1 Large Tablespoon of Blackbeans - 1-2 Spring Onions - 5-6 Cloves of Garlic - Nugget of ginger - Soy Sauce - Sugar - 1 Teaspoon of Cornflour - Freshly Boiled Water (a little bit) - Vegetable Oil Serves 2-4 People.

Instructions

This is a Cantonese Seafood staple. Having watched members of my family cooking this dish for years I attempted it for the first time a couple weeks ago, and it was decent! (see pic). Prep (spices). 1. Wash, de-seed and dice chillis. 2. Dice garlic (un-cloved), ginger (grated) and spring onions (washed). Cooking. 1. Heat vegetable oil in a wok 2. Add diced spices, stir and allow to sizzle and release their flavours for a few minutes. 3. Add black beans and then the Mussels, stir (bottom to top, slowly and evenly..). 4. Add a few generous splashes of soy sauce, sugar and freshly boiled water - stir. 5. Allow to cook for few more minutes. 6. Add cornflour mixed with hot water as thickener if preferred. Serve with boiled Thai fragrant rice. Enjoy!