



Creamy mussel soup

Ingredients (serves 4)

- 600g fresh mussels
- 250 ml fish broth
- 200 g carrot
- 50 ml skimmed milk (lactose free in case of intolerance)
- 50 g onion
- 20 g extra virgin olive oil
- A pinch of paprika or turmeric (optional)

Method

1. Peel and wash the carrot and onion. Cut them into small pieces and place them in a microwaveable container or bowl. Cover and cook in the microwave for three to four minutes at maximum power, until soft.
2. Wash the mussels properly and cook in the microwave (covered with a plate) until they open.
3. Remove the mussel meat and add it to a container suitable for blending. Add the rest of the ingredients.
4. Blend all together until a smooth crème of soup is obtained.
5. Heat the crème soup in a pan and serve.

Recommendations

You can also add extra virgin olive oil, steamed mussels, diced hard-boiled egg or chopped parsley on top.