



PRICE: \$11.50 CA | \$10.50 US (PACK OF 3)
 VOLUME: 64 g (2.3 oz)

FLAVOUR PROFILE

A mild, Indian-inspired spiced coconut madras curry broth with onion and garlic.

FEATURES & BENEFITS

Cooking mussels doesn't have to be complicated or expensive—have a unique restaurant meal that goes from raw to ready in 20 min at home.

Seafood is a sustainable and healthy protein option. It contains Omega-3's and zinc, and is a good source of protein and vitamin B12.

Makes 2 lbs of mussels: enough for 2 entrées or appetizers for 4.

Strongly recommended that you not make this recipe in the microwave or steamer due to volume and risk of "explosion."

Vegan blend. No artificial colours or flavours.

FYI: Blend contains mustard.

LABEL DIRECTIONS

Makes 2 servings (about 2 lbs/900 g)

Rinse 2 lbs (900 g) scrubbed and debearded mussels under cold water. Discard any that are already open. In a wok, combine seasoning with 1 can (14 oz/398 ml) light coconut milk. Bring to a boil over medium-high heat. Add mussels and cover. Steam 6–7 min or until mussels open. Discard any unopened mussels. Squeeze in juice from ½ a lime and serve with toasted bread, naan, or rice, if desired.

INGREDIENTS LIST*

Chives, garlic, inactive nutritional yeast, madras curry powder (mustard, caraway, cayenne pepper, celery seed, cinnamon, coriander, fenugreek, turmeric, salt, garlic), onion, organic lime powder (organic rice maltodextrin/tapioca maltodextrin, organic lime juice concentrate, organic lime oil), salt.

ALLERGENS AND SENSITIVITIES

Garlic, mustard, onion.

*Ingredients list is in alphabetical order for proprietary reasons.

RECIPE IDEAS

- Use blend for a curry or vindaloo base.
- Try with other seafood: swap out mussels for clams, or 1 lb (450 g) prawns or shrimp.
- You can use frozen mussels if you don't have fresh mussels. Cooking time will be affected.

KITCHEN HACK

Add water to recipe if you want more broth, or if the blend is too spicy.

TASTING TIP

Prepare recipe and serve each person one mussel on a toothpick to try during a cooking class.

COMPANION PRODUCTS

Check epicure.com for current availability.

FOOD & BEVERAGES:

- **Chili Flakes & Garlic Topper**
- **Everything Bagel Whole Food Topper**
- **Red Garlic Topper**
- **Sea Salt (Grinder) & Black Pepper (Grinder)**

COOKWARE:

- **2-in-1 Citrus Press**
- **Sauté Pan**
- **Sauté Spoon**
- **Wok & Glass Lid**

*US Nutritional Facts Table may vary due to FDA regulations. Find US Nutritional Facts Tables at epicure.com.

Nutrition Facts		Valeur nutritive	
Per 1/2 package dry mix (32 g) / Par 1/2 du sachet de mélange (32 g)			
1/2 package prepared / 1/2 du sachet préparé			
	Dry Mix [†] Mélange [†]	Prepared [‡]	Préparé [‡]
Calories	120	370	
% Daily Value* / % valeur quotidienne*			
Fat / Lipides 1.5 g [†]	2 %	24 %	
Saturated / saturés 0.2 g			
+ Trans / trans 0 g	1 %	65 %	
Carbohydrate / Glucides 20 g			
Fibre / Fibres 6 g	21 %	21 %	
Sugars / Sucres 2 g	2 %	2 %	
Protein / Protéines 7 g			
Cholesterol / Cholestérol 0 mg			
Sodium 140 mg	6 %	24 %	
Potassium 500 mg	11 %	20 %	
Calcium 75 mg	6 %	8 %	
Iron / Fer 1 mg	6 %	36 %	

[†]Amount in dry mix / Teneur dans le mélange.
[‡]Prepared adds 250 Calories, 17 g Fat (13 g Saturated), 10 g Carbohydrate, 16 g Protein, 40 mg Cholesterol, 420 mg Sodium. / La recette préparée ajoute 250 Calories, 17 g Lipides (13 g saturés), 10 g Glucides, 16 g Protéines, 40 mg Cholestérol, 420 mg Sodium.

*5% or less is a little, 15% or more is a lot
 *5% ou moins c'est peu, 15% ou plus c'est beaucoup

WE KEEP IT SIMPLE: CLEAN INGREDIENTS, ALWAYS.

- Free of preservatives and artificial colours.
- 100% gluten free and nut free.
- Sodium and sugar conscious.
- Made from ethically sourced ingredients.
- 85% Non-GMO Project Verified.