

Mussels, Clams and Shrimps in a Fragrant Broth with Kelp Noodles

- by Healing Family Eats

Be sure to have everything prepped and ready before you start cooking, this happens pretty quickly!
(Serves 4)

2 lb clams
2 lb mussels
3 cloves garlic
3 stalks lemongrass, tough outer parts discarded and roughly chopped
1+1/2 inch piece ginger, peeled and roughly chopped
2 large shallots, finely chopped
2 tbsp [olive oil](#)
1 cup chicken or fish bone broth
8 medium white shrimp, shell off and de-veined *
1 packet [kelp noodles](#), rinsed and drained
2 tbsp finely chopped flat leafed parsley
2 tbsp finely chopped cilantro

Clean the mussels and clams thoroughly in clean running water, removing the beards and discarding any that are cracked or feel heavy compared to the rest.

Put the the garlic, lemongrass and ginger into a blender with 5 tbsp filtered water and blitz to a smooth paste. Heat a large sauté pan (that has a lid) and pour in the olive oil. Add the shallots and sweat on a gentle heat for 3 minutes until they are beginning to soften. Now stir in the paste, turn the heat up a little and cook a further 3-4 minutes until fragrant and any excess moisture has evaporated. Do not allow to colour.

Turn up the heat to high, add the broth and bring up to a boil. Now add the mussels and clams, cover with a tight fitting lid and cook for 4 minutes or so, shaking the pan from time to time. The shellfish are cooked when they have opened up, any that remain closed after this time should be discarded. Tip the contents of the skillet into a colander set over a large bowl and return the liquor to the pan. Add the prawns and noodles, bring the liquor up to a simmer and cook for a minute or two until the prawns are cooked through. Return the shellfish to the pan, or if it isn't quite large enough, put everything into a large serving dish and give it a good mix. Scatter over the herbs and serve immediately with forks and soup spoons, plus two large bowls - an empty one to collect the shells, the other with warmed water and a squeeze of lemon juice to rinse your hands afterwards.

* Try your hardest to buy sustainably caught shrimp without chemicals or preservatives, it's always a good idea to ask your supplier where they source theirs from.

