

i'm loving

NEW ZEALAND GREENSHELL MUSSELS

SOUGHT AFTER BY SEAFOOD LOVERS THE WORLD OVER,

New Zealand Greenshell Mussels combine a stunning iridescent green shell and a succulent plump mussel packed with a wealth of nutritional benefits.

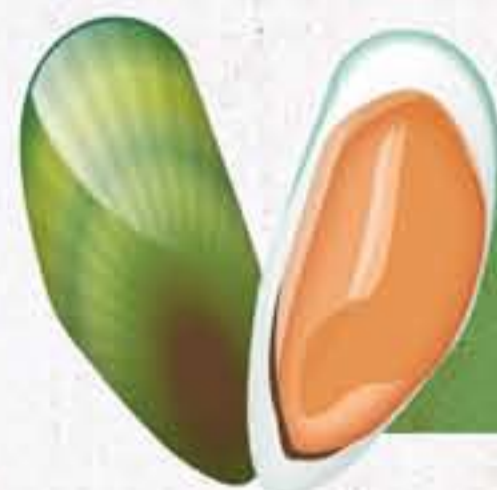
VIBRANT GREEN SHELL

DELICIOUS SWEET, TENDER TASTE

PLUMP, SUCCULENT MEAT

NUTRITIOUS & HEALTHY

EASY TO PREPARE IN SO MANY GREAT WAYS



They are also known as Green-lipped Mussels, as they feature a green edge inside of the mussel shells, as well as the fact they are so lip-smackingly good.

Get Cooking

SICHUAN STYLE CHILI MUSSELS

6 NEW ZEALAND GREENSHELL MUSSELS (HALF SHELL)

1/4 TSP. GINGER (MINCED)

5 TBSP. CHICKEN BROTH

1 DRIED CHILI (FINELY CHOPPED)

1/2 TSP. SPRING ONION (CHOPPED)

1 TBSP. CHILI BEAN PASTE

1 TBSP. OYSTER SAUCE

4 TSP. OIL

1 TSP. ONION (CHOPPED)

1/2 TSP. GARLIC (FINELY CHOPPED)

5 PIECES SICHUAN PEPPER



- 1 POACH** mussels in water for around 2-3 minutes until warmed through.
- 2 HEAT** oil and quickly stir fry dry chili and Sichuan pepper.
- 3 ADD** the spring onion, ginger, garlic and minced onion to the stir fry.
- 4 ADD** chili bean paste, oyster sauce and chicken stock. Add mussels and stir fry for 15 seconds.
- 5 PLACE** mussels on the plate and top with dry chili and Sichuan pepper.

A fun WAY TO EAT MUSSELS



1 Take the mussel meat out of the first mussel



2 Use the hinged empty shell like tongs to pull meat out of the following mussels



3 Use empty shells to spoon up the remaining sauce or broth

THIS TECHNIQUE IS PERFECT FOR MUSSEL DISHES

Like Mussels Steamed in Coconut Broth!

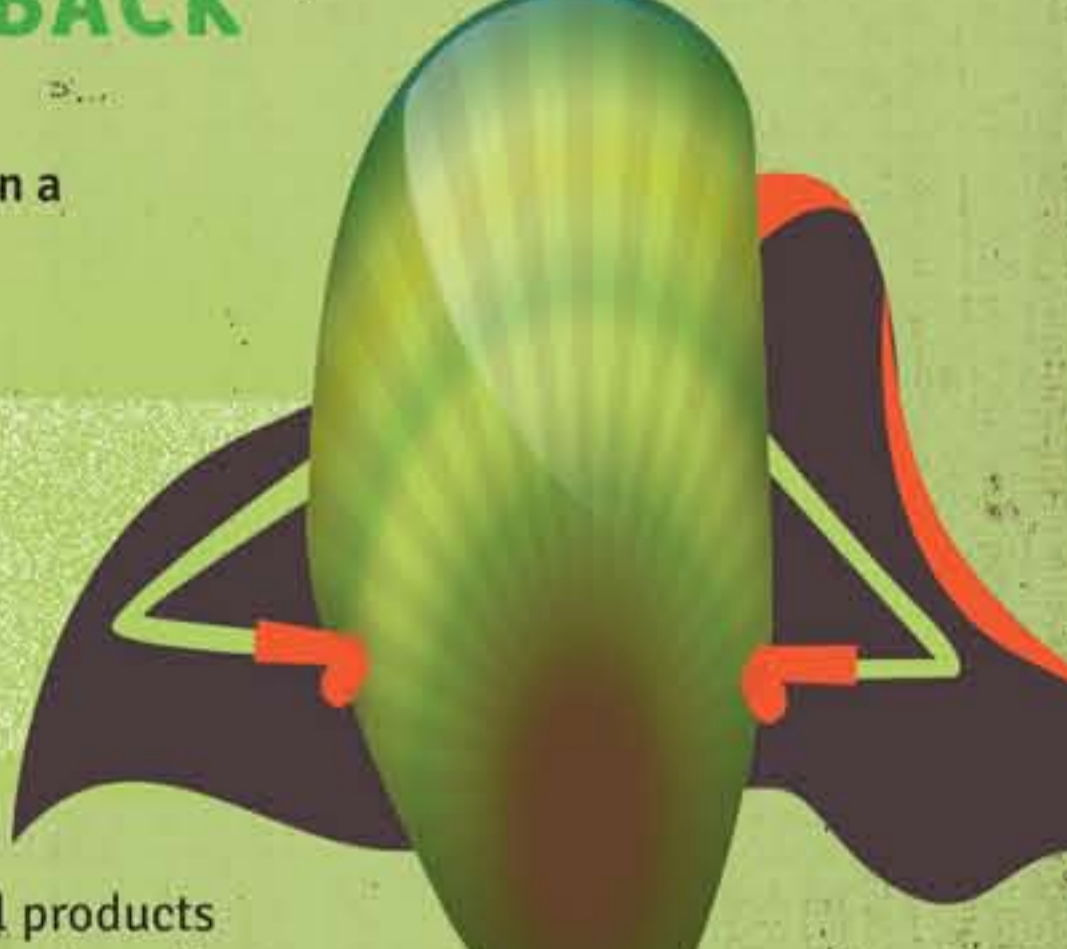


NUTRITIOUS & DELICIOUS FOOD THAT LOVES YOU BACK

Natures superfood, Greenshell Mussels are high in a host of essential vitamins and minerals.

- PROTEIN
- OMEGA 3'S
- IRON
- IODINE
- VITAMIN B12
- SELENIUM

Greenshell Mussels are also used in nutraceutical products promoting anti-inflammatory and joint protecting properties.



SUPREMELY GREEN



Only found in New Zealand's isolated waters



As a green food source, Greenshell Mussels take all their required nutrients from filtering sea water. Nothing else is added. As they filter the water around them, they actually enhance the ecosystem.



OFTEN REFERENCED AS ONE OF THE BEST SUSTAINABLE SEAFOOD OPTIONS

Hungry for mussels? Visit our website:

WWW.PURENZMUSSELS.COM

OR SCAN THE CODE

for the Greenshell Mussel recipe collection booklet



NEW ZEALAND GREENSHELL™ MUSSELS

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