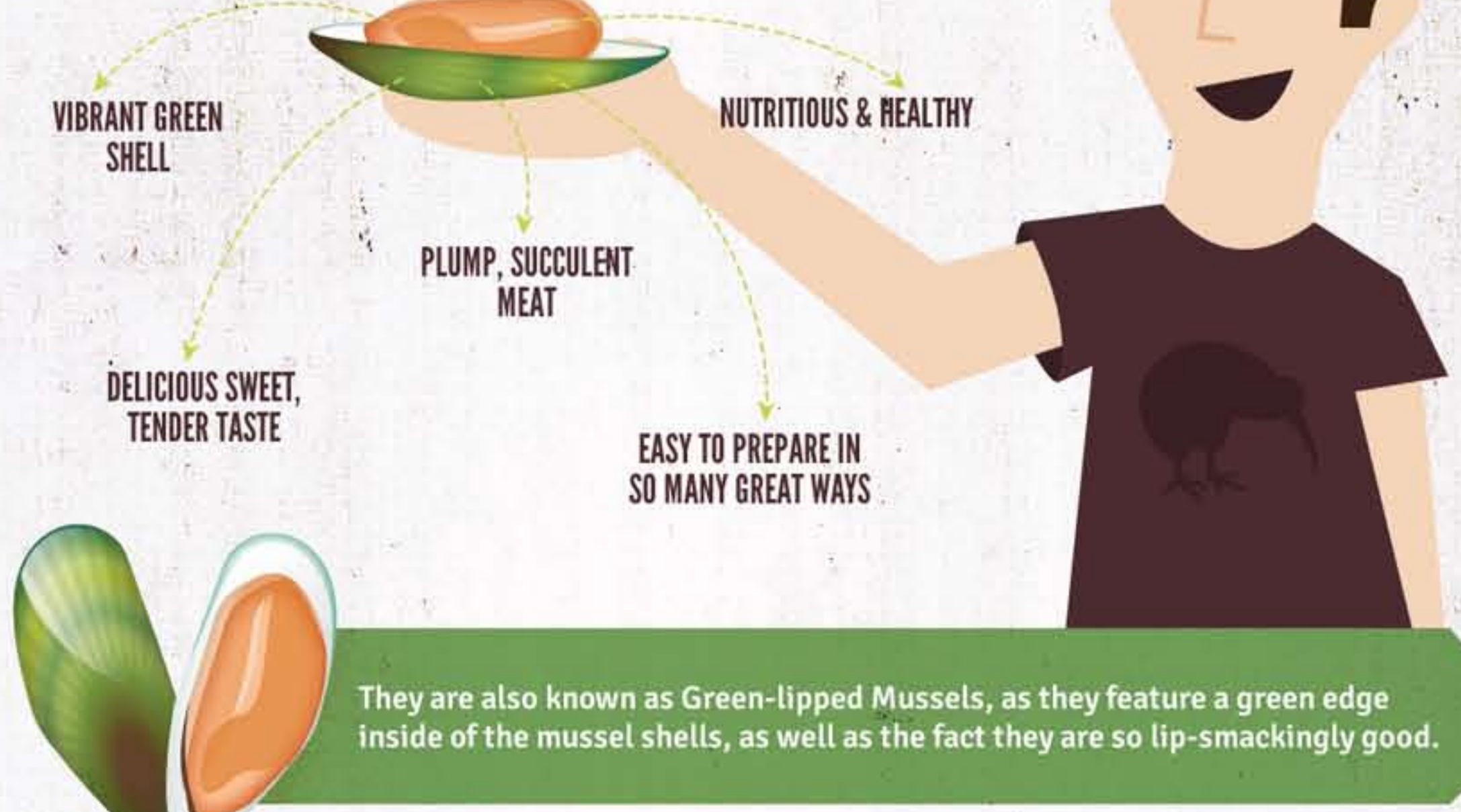


i'm loving

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.



Get Cooking

NEW ZEALAND GREENSHELL MUSSELS WITH GARLIC LEMON HERB BUTTER

1 KG (2.2 LBS) GREENSHELL MUSSELS (HALF SHELL OR LIVE)



12 CHIVES (FINELY CUT)



5.3 OZ. (150 GMS) BUTTER (SOFTENED)



1 LEMON



1 CLOVE GARLIC (PEELED, FINELY MINCED)



1 TBSP. ITALIAN PARSLEY (FINELY CHOPPED)



- 1 PREHEAT** the oven to 160°C/320°F
- 2 MIX** the butter, garlic, chives and parsley. Zest the lemon and mix with the butter mixture.
- 3 IF USING LIVE MUSSELS**, place two cups of water in a large pot and cover. Once boiling, add the mussels, replace the lid and cook over a high heat, steaming for 4-5 minutes, shaking the pot a few times. The mussels are cooked when the shells open. Remove from the heat and discard any mussels that don't open. Remove the top shell of each mussel.*
- 4 SET** the half shell mussels on to a baking tray with sides. For ease in eating the mussels, carefully slide a paring knife under the mussel meat to loosen from the shell, placing the meat back on to the shell.
- 5 WITH** a teaspoon, evenly distribute the butter mixture on top of the mussels.
- 6 PLACE** into the oven and allow to bake for approx 5-7 minutes, or until all the mussels are evenly hot.
- 7 SQUEEZE** a small amount of lemon juice over each mussel, season and serve.

*For frozen half shell mussels (defrosted), miss out step 3 and carry on to step 4.

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!

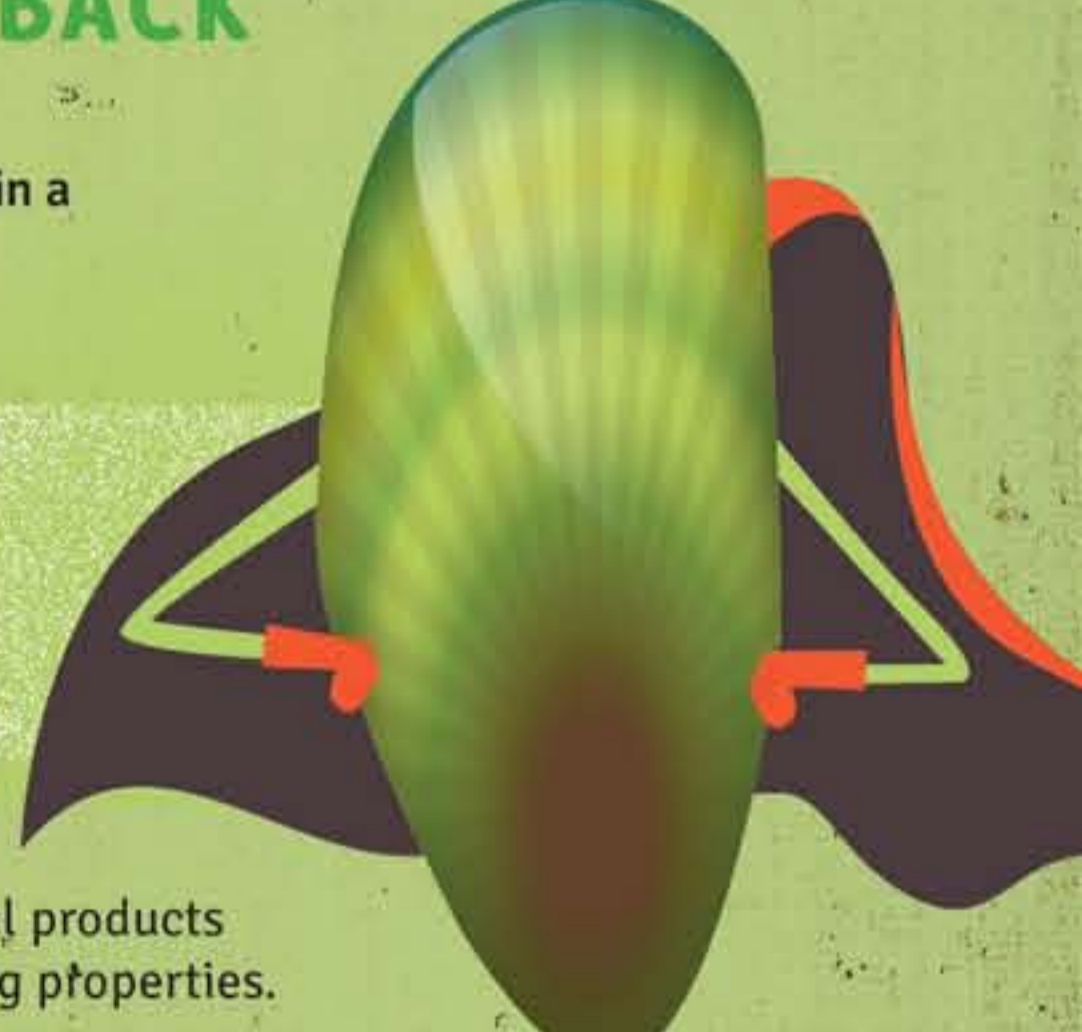


NUTRITIOUS & DELICIOUS FOOD THAT LOVES YOU BACK

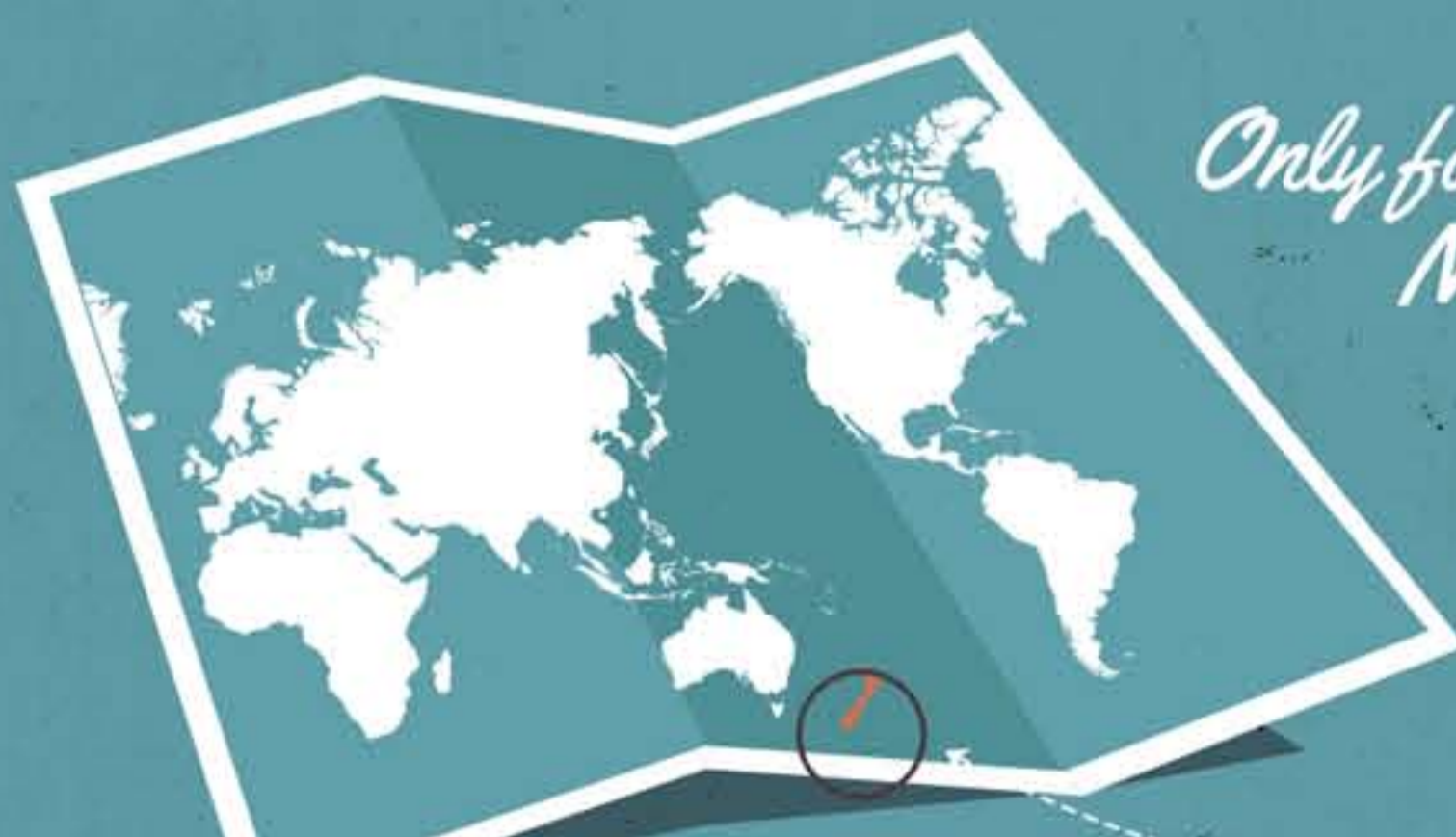
Nature's superfood, Greenshell Mussels are high in a host of essential vitamins and minerals.

- 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

Created by **Lemon.ly**