

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
- EASY TO PREPARE IN SO MANY GREAT WAYS
- NUTRITIOUS & HEALTHY



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

NEW ZEALAND GREENSHELL MUSSELS CLAY HOT POT THAI STYLE

FRAGRANT HERB DRESSING

- 20 ML FISH SAUCE
- 15 GM (0.5 OZ) FRESH GINGER (FINELY GRATED)
- 40 ML LIME JUICE
- 1 RED CHILI (FINELY SLICED)
- 2 STALKS SPRING ONION (FINELY SLICED)
- 1/2 CLOVE GARLIC (PEELED, CRUSHED)
- 2 TSP. PALM SUGAR (FINELY GRATED)
- LEAVES FROM 2 STEMS THAI BASIL
- 3 STALKS CORIANDER (FINELY CHOPPED)

CLAY HOT POT

- 2 KAFFIR LIME LEAVES
- 2 STALKS LEMON GRASS (ROUGHLY CHOPPED)
- 1 KG (2.2 LBS) GREENSHELL MUSSELS (HALF SHELL OR LIVE)
- 20 GM (0.7 OZ) FRESH GINGER (SLICED)
- 5 STEMS THAI BASIL
- 1/2 CUP WATER



- PLACE** all the fragrant herb dressing ingredients into a mixing bowl and mix well.
- PLACE** the lemon grass, ginger, lime leaves, Thai basil and water from the Clay Hot Pot ingredients list into the bottom of the pot. Place the lid on the pot and slowly bring to boil over a medium heat.
- ADD** the mussels and cover again with the lid.*
- USING** a large slotted spoon, pour the liquid/stock from the clay pot into the herb dressing mixing bowl and mix well.
- SPOON** the herb dressing back over the hot mussels in the clay pot ensuring they are all covered with the dressing and serve immediately.

* If cooking live mussels, steam 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. For frozen half shell mussels (defrosted), steam for 2-3 minutes until warmed through.

A fun WAY TO EAT MUSSELS

- Take the mussel meat out of the first mussel
- Use the hinged empty shell like tongs to pull meat out of the following mussels
- Use empty shells to spoon up the remaining sauce or broth

THIS TECHNIQUE IS PERFECT FOR MUSSEL DISHES

Like Mussels Steamed in Coconut Broth!

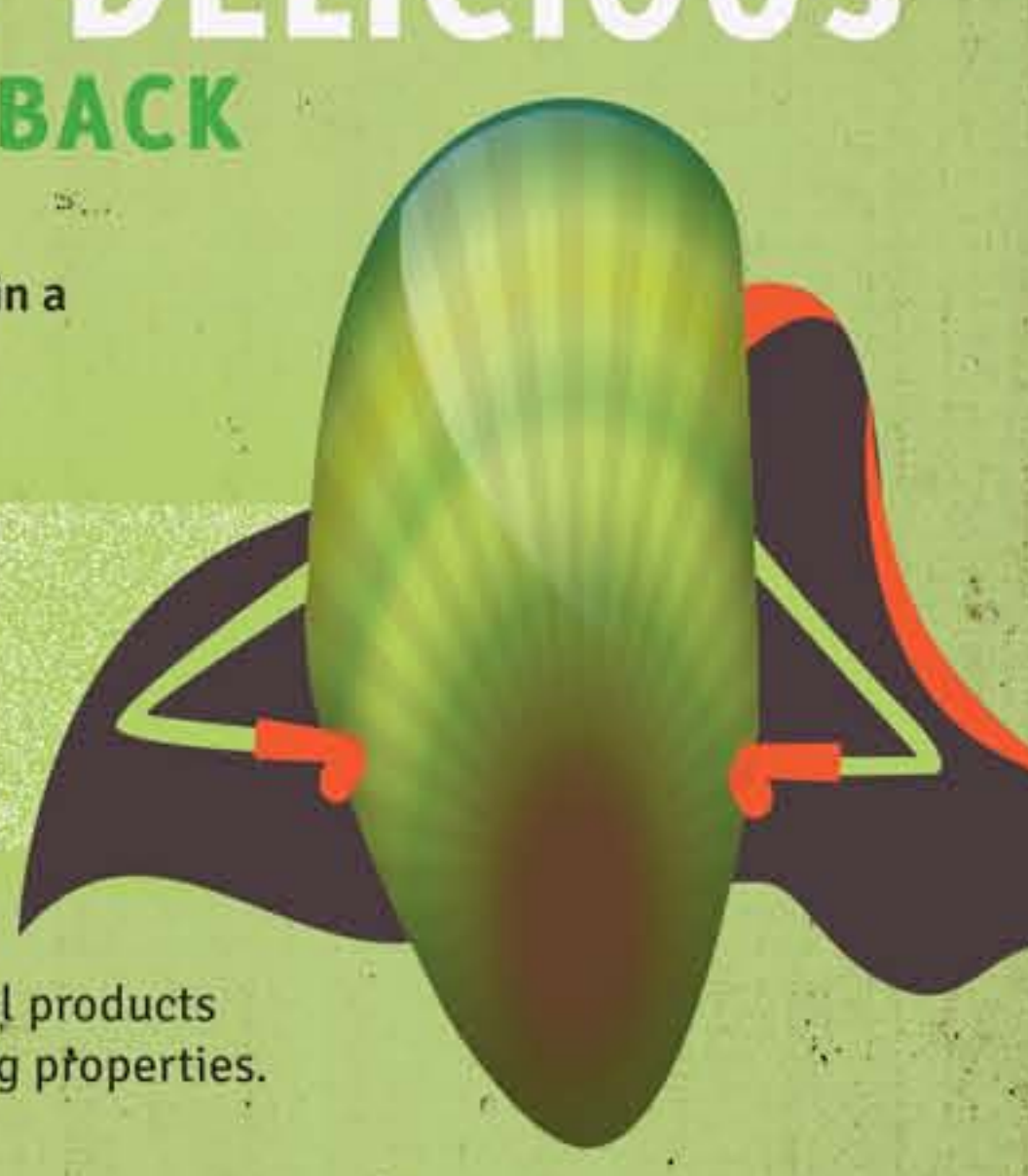


NUTRITIOUS & DELICIOUS FOOD THAT LOVES YOU BACK

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

Created by **Lemon.ly**