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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 WITH DYNAMITE SAUCE

(The 'dynamite' name is said to come from the popping of the roe when baked.)

24 GREENSHELL MUSSELS, (HALF SHELL OR LIVE*)

1 TBSP. FISH ROE

1 TSP. SRIRACHA

3/4 CUP KEWPIE MAYONNAISE

- 1 HEAT** oven grill/broiler to 180°C/350°F.
- 2 COMBINE** kewpie mayonnaise & Sriracha. Add the fish roe and stir slowly to distribute evenly into the sauce.
- 3 SLIDE** a paring knife under the mussel meat to loosen it from the shell.
- 4 SPOON** sauce over each mussel. Allow just enough to cover the meat completely.
- 5 COOK** the mussels under the broiler/grill. Continue cooking until the sauce bubbles and turns golden brown. The total cooking time should not exceed 15 minutes.
- 6 SERVE** immediately.

* Use frozen half shell (thawed) or live mussels (steamed in a large pot with 2 cups water for 5 minutes. After removing open mussels from the pot, take off the top shell from each mussel and discard).

A fun WAY TO EAT MUSSELS



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**