

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.

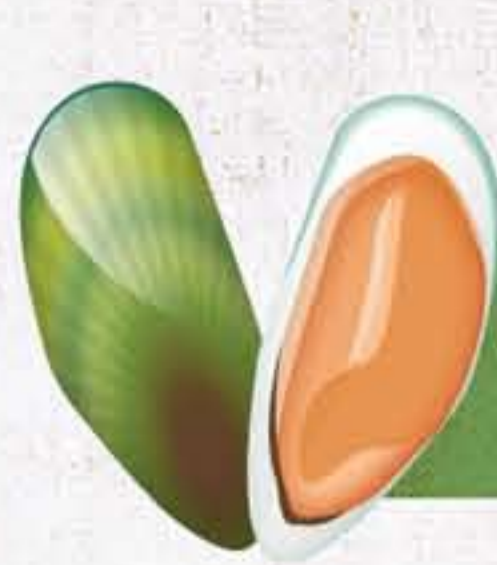
VIBRANT GREEN SHELL

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

## NEW ZEALAND GREENSHELL MUSSELS WITH SAUVIGNON BLANC CREAM SAUCE

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



120 ML SAUVIGNON BLANC WINE



0.5 OZ. (15 GMS) BUTTER



1 TBSP. CHIVES (FINELY CHOPPED)



2 CLOVES SHALLOTS (PEELED, FINELY CHOPPED)



140 ML CREAM



1 CLOVE GARLIC (PEELED, FINELY CHOPPED)



1 TBSP. PARSLEY (FINELY CHOPPED)



1/2 ORANGE ZEST

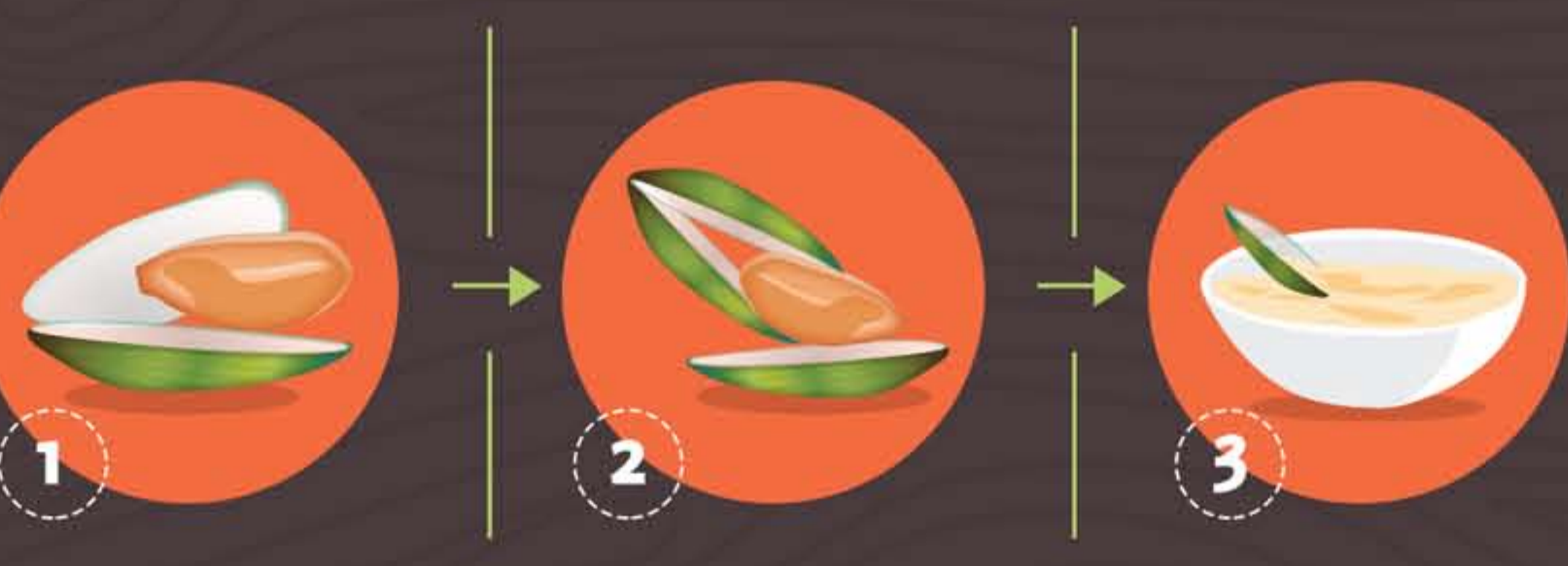


- HEAT** a large pan big enough to take all the mussels (it should only be half full), sauté the garlic and shallots in the butter.
- ADD** the mussels and the wine, turn up the heat, then cover and steam the mussels.\*
- REMOVE** the mussels from the pan. Keep the broth the mussels were cooked in to use as the base for the sauce.
- ADD** the cream, chopped parsley, chives and orange zest to the mussel broth. Allow the liquid to reduce by 1/3, season to taste & remove from the heat.
- PLACE** mussels on a serving dish. For ease in eating, carefully slide a paring knife under the meat to loosen from the shell, placing the meat back on to the shell.\*\*
- SPOON** the sauce over the mussels and serve.

\* 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.

\*\* With live mussels, you may wish to serve these with two shells or take off the top shell from each mussel and prepare as above.

## 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!*

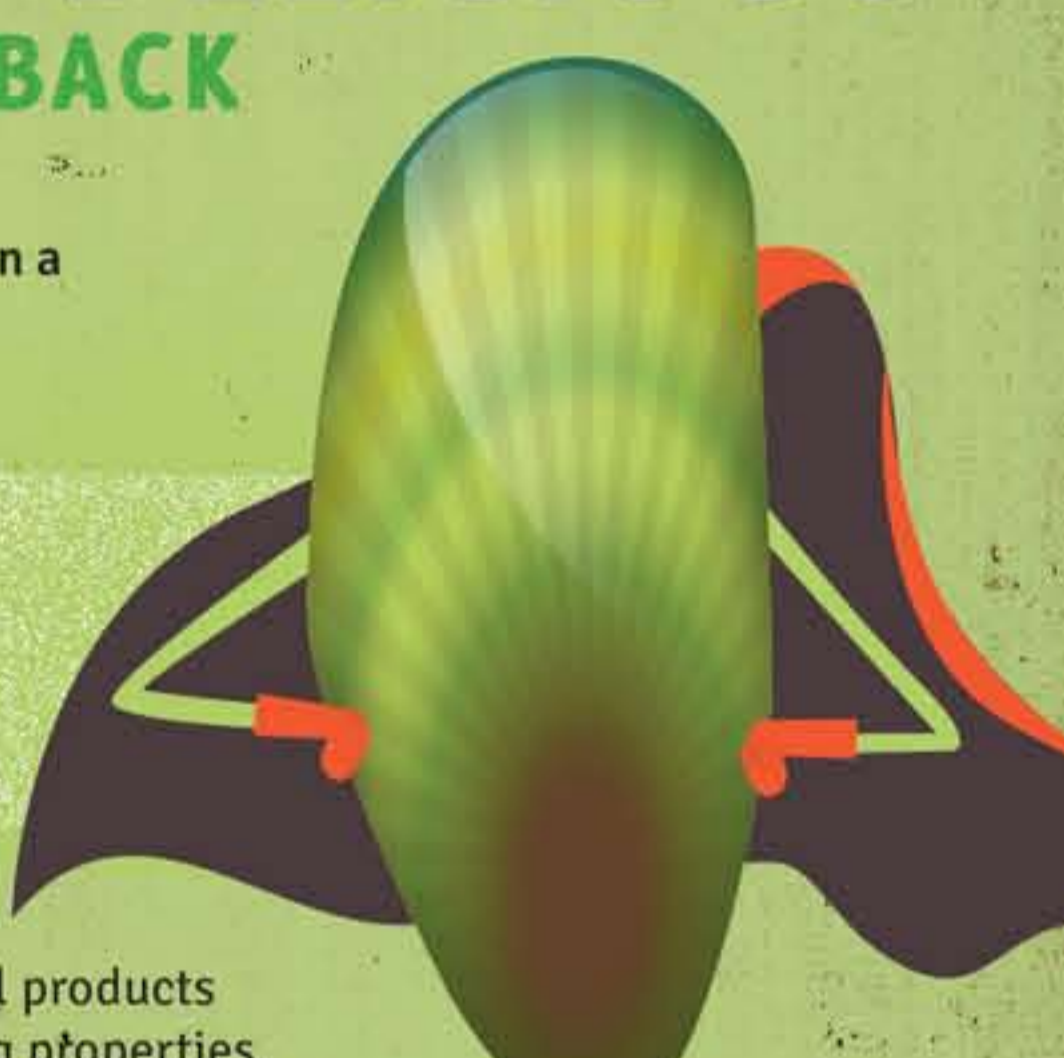


## NUTRITIOUS & DELICIOUS FOOD THAT LOVES YOU BACK

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](http://WWW.PURENZMUSSELS.COM)

OR SCAN THE CODE

for the Greenshell Mussel recipe collection booklet



NEW ZEALAND GREENSHELL™ MUSSELS

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