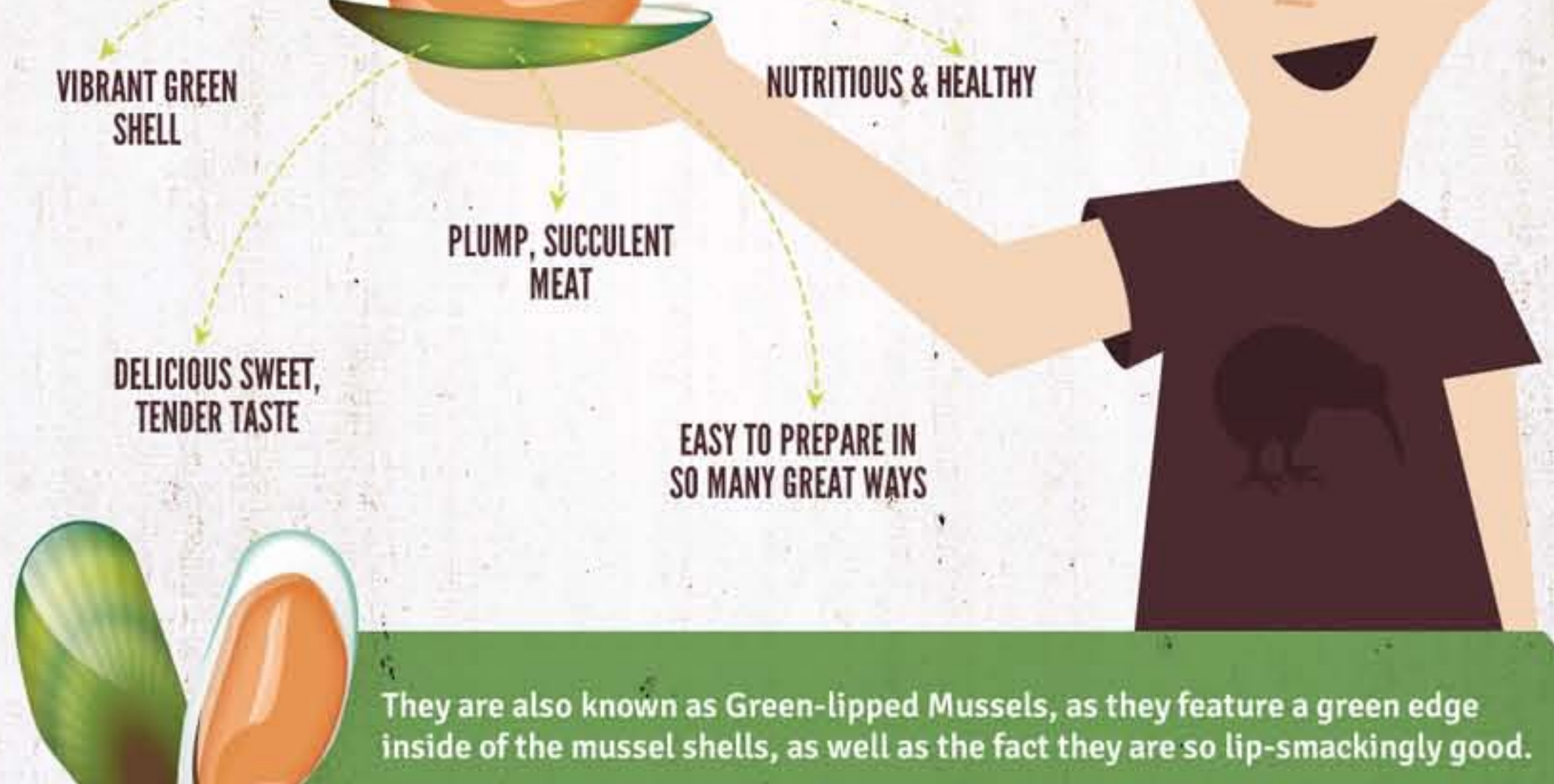


i'm loving

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 TOMATO PESTO BACON SAUCE



- 1 PORTION** the baguette and rub with the garlic. Brush with olive oil. Lightly toast and keep warm to serve with the mussels.
- 2 SAUTÉ** roughly chopped bacon in the olive oil until crispy then sauté onions and garlic in the bacon oil until soft and transparent.
- 3 ADD** tomatoes and half the wine. Allow sauce to come to a boil, reduce heat and simmer for 8-10 minutes. Season to taste and stir in pesto. Set aside.
- 4 HEAT** the olive oil in a heavy-based sauce pan. Place the mussels into the pan with remaining wine, then cover and steam.*
- 5 RETURN** the tomato sauce to the pan with the mussels, allowing the sauce to come back up to boil. Correct the seasoning and just before serving, add the fresh herbs.
- 6 TO SERVE**, portion the mussels out into bowls and divide out the sauce. Next crumble the feta over the mussels. Finish with warm baguette and serve while hot.

* 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



THIS TECHNIQUE IS PERFECT FOR MUSSEL DISHES Like Mussels Steamed in Coconut Broth!

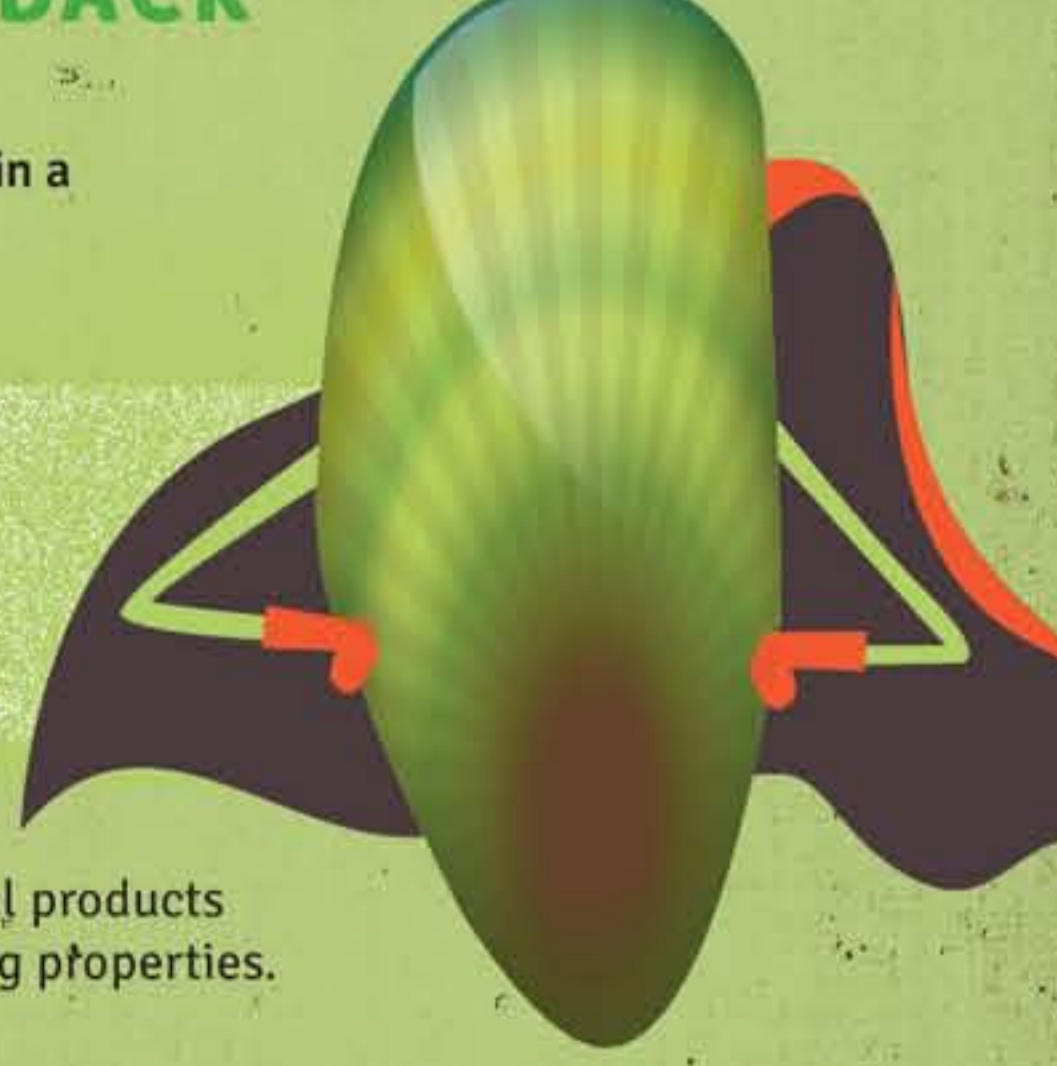


NUTRITIOUS & DELICIOUS FOOD THAT LOVES YOU BACK

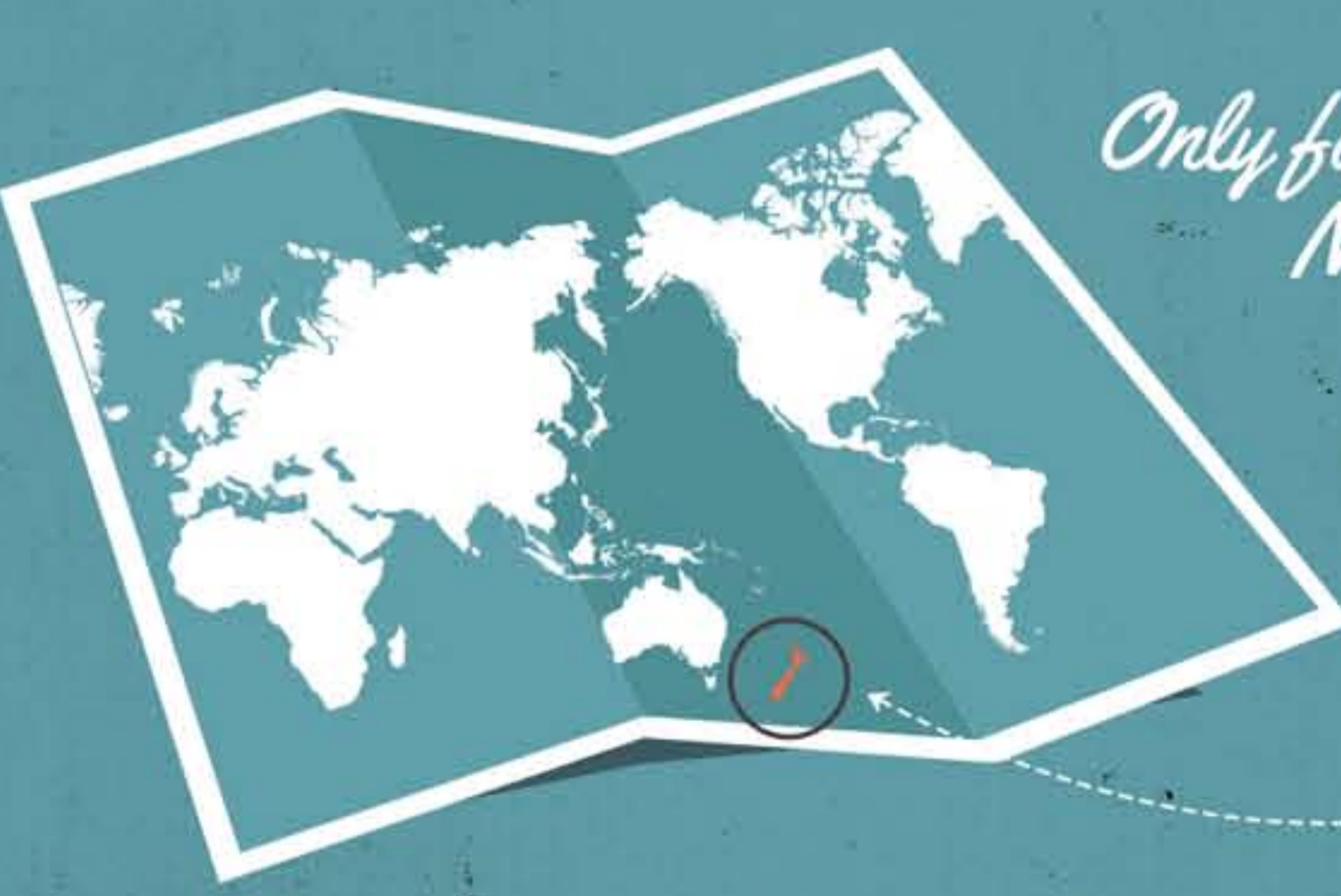
Natures superfood, Greenshell Mussels are high in a host of essential vitamins and minerals.

- 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