

It makes an adventurous culinary journey you'll want to take your friends on.

Best of all you can do it on a budget – with mussels, you don't have to splurge to get your hands on ocean fresh quality. That's because our mussels are great value in price and convenience. In fact, you can feed a dinner party of four for under \$15. And you don't need to go anywhere special to get them. Simply grab a packet on your regular trip to the supermarket store.

Mussels are bursting with nutrients your body needs. They are a great source of zinc, omega 3, iodine, selenium and Vitamins A and B12, and are high in protein and iron. It makes a healthy fast food you can be proud to serve up.

## Ingredients

- Boston Bay 1kg Live Pot Ready Mussels
- 3-4 tbsp of olive oil
- 1 brown onion
- 250 grams of Spanish chorizo sausage
- 8 dried bay leaves
- 2 cloves of garlic
- 1 red chilli
- ½ glass of dry white wine
- 1 jar of Five Brothers Roast Onion and Garlic Tomato sauce
- Pasta or steamed rice

## Method

1 Steam the mussels over a pot of hot water for 3 minutes until the shells open.

2 Half shell the mussels and reserve for the sauce.

3 In a medium-large pot heat 3-4 table spoons of olive oil.

4 Add the chopped brown onion and fry till translucent.

5 Add the chopped Spanish chorizo sausage, 8 dried Bay Leaves, 2 chopped cloves of garlic and 1 chopped red chilli and fry for 3-4 mins.

6 Add ½ glass of dry white wine and reduce.

7 Add 1 jar of Five Brothers Roast Onion and Garlic Tomato

8 Sauce and bring to simmer for 5 mins.

9 Add the half shelled mussels and heat through for 3-4 mins before serving.

10 Serve with pasta or with steamed rice.