

Ingredients

- **1kg Boston Bay ready to cook mussels**
- 2 cups of water
- 1 cup of white wine
- 3 teaspoons of extra virgin olive oil
- 1 small white onion, finely chopped
- 4 large garlic cloves, finely chopped
- 1 can cherry tomatoes or ½ punnet of cherry or baby Roma tomatoes
- 1 red chilli, diced
- 1 tablespoon of fresh chopped oregano
- ½ cup of fresh chopped parsley
- Salt and pepper to taste

Method

1 Open the pack of Boston Bay ready to cook mussels and strain off the water. Give them a quick rinse under cold water.

2 Heat the pot on the stove with approximately 1cm of water. When the water is boiling add the mussels, cover with a lid and steam them for a couple of minutes, stirring every minute or so until they open.

3 Try to make sure every mussel comes into contact with the heat, which helps to make sure they open.

4 Remove from the heat and strain the mussels off, keeping some of the liquid in a bowl.

5 Heat olive oil in a large pan over medium heat. Add the onion, chilli and garlic. Cook until translucent.

6 Stir in the wine, crushed tomatoes, parsley and salt and pepper. Allow to cook for 2-3 minutes.

7 Add the mussels to the pan and cover with a lid. Allow to cook for 5 minutes.

8 Remove the mussels from the heat. Transfer to a large serving bowl or serving dish. Coat the mussels with the sauce, sprinkle with freshly chopped parsley and then serve.