

Mussels are so fast and easy to cook... so there's no reason they can't be made on busy weekday evenings. Learn how to cook mussels so every day can be a treat!

Best of all you can learn how to cook mussels 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. 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

- Kinkawooka Shellfish 1kg ready to cook mussels

Method

- 1 Rinse the mussels in the sink with cold water.
- 2 Add a cup of water and the mussels in the pot.
- 3 Put the lid on and let it cook for 3 to 5 minutes.
- 4 Stir the mussels occasionally to help the mussels open.