

## Ingredients

- 1kg packet of ready to cook **Boston Bay Kinkawooka Mussels**
- 2 tablespoons extra-virgin olive oil
- 3 leeks, halved and thinly sliced
- 1 fennel bulb, halved and thinly sliced, fronds reserved
- Kosher salt and freshly ground black pepper
- 3 garlic cloves, minced
- 1 bay leaf
- 4 cups seafood stock
- 1 can crushed Australian tomatoes
- Zest and juice of 1 orange
- Pinch saffron
- 1kg white fish fillets (ling or snapper) cut into 1cm pieces
- 500 grams of Australian prawns, peeled and deveined
- ½ cup chopped fresh parsley
- Crusty bread to serve

## Method

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

2 Heat a 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 In a large pot, heat olive oil on medium heat. Add the leeks and fennel and sauté until tender, about 4 minutes. Season with salt and pepper. Add the garlic and sauté until fragrant, about 1 minute.

6 Add the seafood stock, tomatoes, orange zest and juice, saffron and bay leaf. Bring to a simmer and cook until the liquid is reduced, 12 to 15 minutes.

7 Add the fish and simmer for 2 minutes. Add the prawns and cover. Simmer until the seafood is fully cooked. The fish should be firm and the prawns should be pink.

8 Add the mussels and stir through to coat.

9 Stir in the parsley. Top with the reserved fennel fronds.

10 Serve immediately with crusty bread and a glass of your favourite white wine.  
Bon Appétit!