

Farmed Australian blue mussels are one of the most sustainable seafood choices you can make. Mussels are a protein source that doesn't cost the earth. And they play an important role in keeping the waters clean and in balance. In fact, if we didn't have mussels in the oceans, mother nature would pay the price. They keep oxygen levels in check, which can help to prevent algae blooms that can be harmful to other sea life.

If you want to reduce your impact on the environment by choosing more planet-friendly meat sources... mussels are clearly a smarter choice. And you'll get even more protein and iron than from a fillet of steak. You'll get your protein fix and enjoy the full-bodied creamy rich flavour of mussels.

Ingredients

- **1kg Boston Bay Ready To Cook Mussels**
- ½ cup breadcrumbs, Panko or normal
- 3 tbsp grated parmesan
- 1 cup finely chopped parsley
- 2 cloves of garlic, finely crushed
- ½ cup premium olive oil

Method

- 1 Add a cup of water and the mussels in the pot.
- 2 Put the lid on and let it cook for 3 to 5 minutes.
- 3 Stir the mussels occasionally to help the mussels open.
- 4 Reserve the liquor into a cup.
- 5 Half shell the mussels onto a baking tray.
- 6 Add the breadcrumbs, parmesan, garlic and parsley in a bowl and mix well.
- 7 Add olive oil in the bowl and mix well.
- 8 Add the mussel stock to the mussels.
- 9 Add the breadcrumb mix on top of the mussels.
- 10 Bake in the oven for 5-7 minutes until lightly golden.