

Barbecued Mussels with a Mediterranean Sauce

To make the sauce, sauté the onion in the oil, until softened. Add the garlic, herbs, tomatoes and juice, tomato paste and seasonings. Cook for 3 minutes, stir well, then continue cooking for about 2 minutes. Season to taste. This sauce may be prepared several hours in advance and reheated on the barbecue.

Drain the mussels. Place on a preheated barbecue plate and heat through. Remove the mussel-free halves of the shells, if preferred. Spoon the sauce into the mussels before eating. Serves 4 as part of a barbecue menu or 2 as a main.

For 4 Servings:

1kg OmegaTM Mussels

Mediterranean Sauce: 1 medium onion, diced

2 tablespoons olive oil

2 cloves garlic, crushed

1 teaspoon each: fresh thyme leaves, chopped rosemary leaves

400g can tomatoes in juice, chopped

1 tablespoon tomato paste

salt and pepper to taste