

Mussels Steamed in Wine & Herbs

Drain the mussels, reserving 1 cup of the liquid from the bag.

Heat the oil in a large saucepan and sauté the shallot, until softened. Stir in the garlic. Add the reserved liquid, wine and herbs and simmer for 2 minutes.

Add the mussels and parsley and heat through. Remove the bunch of herbs. Serve the mussels in bowls topped with the juices. Serves 4.

For 4 Servings:

2kg OmegaTM Mussels

2 tablespoons olive oil

1 large shallot, diced

2-3 cloves garlic, crushed

1 cup (250ml) dry white wine

1 bunch fresh herbs: eg thyme, oregano, bay leaves, fennel

2 tablespoons finely chopped fresh parsley