

Steamed Omega™ mussels with a caper and chive cream sauce

To make the sauce, place the sliced onion and garlic in a medium sized sauce pan add 50ml of oil, gently sauté without colouring the onion for 6-8 minutes or until the onion is very soft.

Place the remaining ingredients (apart from the oil and coriander) in a food processor or blender and start blending, slowly add the remaining 500ml of canola oil to form a thick mayonnaise type sauce. If the mayonnaise becomes too thick, add a little hot water to dilute to the consistency you feel happy with.

Season to taste with salt and pepper, add the chopped coriander and pulse two or three times to just combine so you maintain some green speckles to your sauce.

Place the sauce in a plastic squeezey bottle if you have one for ease of use.

To heat the mussels simple drop four 500gm pouches into a large pot of gently simmering water for two

For 4 Servings:

4 Omega™ mussels (500gm packets)

150ml Dry white wine (as good as you can afford)

4 Tblsps Capers

2 Tblsps Chopped Chives

300ml Cream

12 Lemon wedges

Freshly ground black pepper to taste