

Mussel & Corn Chowder in Tomato Broth (Gluten & dairy free)

In a large pot, heat oil then add garlic, onion, celery, carrot and corn. Cook until softened.

Drain Omega mussel juice from pack and into pot. Bring to a rapid boil for 5 mins.

Add crushed tomatoes and oregano. Shell Omega mussels, dice the meat then add to soup. Cover and heat through for 5 mins.

Season to taste.

Remove from heat and stir through italian parsley before serving.

For 6 Servings:

1 Tbsp Vegetable oil

1 garlic clove - crushed

1 onion diced

2 celery sticks chopped

2 corn cobs - kernels stripped

1 carrot chopped

2 cans whole peeled tomatoes - crushed

3 Tbsp oregano - fresh or dried

1kg Omega Mussels

Seasoning to taste

3 Tbsp Italian Parsley - chopped