



Boston BayTM mussels

fresh from the bay

Chilli Boston Bay MusselsTM

Ingredients

- 1kg bag of Boston Bay Mussels
- 1 finely diced onion
- 1 diced red chilli
- 1 tbsps vegetable oil
- 3 tbsps sweet chilli sauce
- 1 lime cut into wedges
- 2 cloves of crushed garlic
- 2 chopped tomatoes
- ½ cup dry white wine
- 1 chopped red capsicum
- Coriander

Method:

1. Heat oil in a large pot
2. Add onion and garlic and sauté for 5 mins
3. Add tomatoes, chilli, capsicum and wine.
4. Bring to the boil, reduce heat and simmer for 10 mins
5. Increase heat, and add sweet chilli sauce and drained Boston Bay Mussels.
6. Place lid on pot and cook for approx 5 mins
7. Garnish with coriander and lime and enjoy!

*If a mussel hasn't opened after cooking don't throw it away – it is still good to eat.



**READY
TO COOK...**
LIVE BLACK MUSSELS
CLEANED, SCRUBBED
and DE-BEARDED



ORGANICALLY GROWN and HIGH IN OMEGA 3

Ingredients: Fresh Black Mussels (*Mytilus Galloprovincialis*) www.bostonbaymussels.com.au