



Boston Bay™ mussels

fresh from the bay

Grilled Boston Bay Mussels™

Ingredients:

- 1 kg bag of Boston Bay Mussels
- ¼ cup fresh breadcrumbs
- ¼ cup grated parmesan cheese
- ½ cup finely grated cheese
- 1 tspns ground pepper
- 1 tspn chilli powder / flakes

Method

1. Drain 1 kg bag Boston Bay Mussels
2. Cook mussels in large pot with lid on for approx 5 mins
3. Mix breadcrumbs, cheese, pepper and chilli
4. Place half shells with mussels facing up onto flat baking tray (discard empty half shell)
5. Sprinkle breadcrumbs mix over mussels
6. Place on upper tray under grill until crumbs are golden and crispy



**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

