



Boston BayTM mussels

fresh from the bay

Boston Bay MusselsTM in Creamy White Wine Sauce

Ingredients:

- 1kg bag of Boston Bay Mussels
- 1 tablespoon of oil
- 2 cloves of crushed garlic
- 1 diced Leek
- 1 finely diced onion
- ½ cup of white wine
- 2 teaspoons of ground black pepper
- ¾ cup of Cream
- 1 lemon cut into wedges
- Crusty bread

Method:

1. Heat oil in a large pot
2. Add garlic, onion & leek then sauté for 5mins
3. Add wine and pepper then bring to boil
4. Add drained Boston Bay Mussels
5. Place lid on pot and cook for approx 5 mins
6. Stir in cream and re-heat
7. Garnish with lemon wedges and serve with your favourite crusty bread.!

*this goes well over fettuccine too



**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