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Steamed New Zealand Greenshell Mussels with Cider Cream Sauce Serves 4

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Ingredients

2.2lbs (1kg) OmegaTM New Zealand
Greenshell Mussels

1 teaspoon Butter

2 cloves Fresh Garlic
- thinly sliced

8.4oz Apple Cider

4 sprigs Fresh Thyme

5oz Cream

2 Green Onion shoots
- chopped into 0.5" pieces

2 Tablespoons Flat-leaf/Italian Parsley
- chopped

2 Tomatoes - seeds
removed, diced

½ cup Watercress (optional)

Salt & Pepper to taste

Crusty Bread

Method

- Open the mussels, drain and place in a colander to rinse under water. Small brown threads may be sticking out from between some of the mussel shells, this is the beard of the mussel. Grasp the beard and pull it out, jiggling it towards the hinge end of the mussel. Remove and discard.
- Melt the butter in a large heavy-based saucepan. Sauté the garlic over a medium heat for 1 minute before pouring in the cider, bring to the boil.
- Add the thyme and the mussels, cover and cook for 2-3 minutes until the mussels are heated through.
- Add the cream, season and stir in the parsley, green onion and tomato.
- Place the mussels on a large platter or divide the mussels between bowls. Pour over the sauce and sprinkle the watercress over the top.
- Serve with crusty bread to mop up the sauce.



Recipe by Chef Andrew Brown
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