

**ONLY £2.38
PER KILO!**



Mussels

Mussels are one of the most environmentally sound types of shellfish available, and whilst at our offer price of **£2.38 per kg**, also very profitable. Simple and quick to cook from frozen, they can be paired with some great flavours in a matter of minutes.

Why not try some of the following recipes on your specials board. (1kg of mussels will serve 2 people.)

9393	Mussels in Flatpack SIZE: 5 x 1kg	PRICE: £11.90	2 PTNS: £2.38
5917	Chips - Julienne - Sterling 7mm SIZE: 4 x 2.5kg	PRICE: £8.95	
3232	Sourdough Crystal Baguette - Thaw & Serve 23cm SIZE: 24 x 85g	PRICE: £9.60	PTN: £0.40
1844	Ciabatta Roll - Top Cut - Sterling SIZE: 40 x 120g	PRICE: £11.00	PTN: £0.28 <input checked="" type="checkbox"/>

Goan Mussels

INGREDIENTS

1kg mussels (9393)
Oil for frying (9825)
1 onion, chopped
Thumb sized piece of ginger, grated
4 garlic cloves, crushed (1807)
2 green chillies, chopped
½ tsp ground turmeric (7265)
2 tsp ground cumin (1570)
2 tsp ground coriander (4272)
400ml coconut milk (7786)
Salt & pepper to season.
Fresh coriander and lime wedges to serve.

METHOD

1. Heat the oil in large pan. Fry the onion until soft then add ginger, garlic, chilli, spices and season with salt and pepper. Cook for a further 2-3 minutes then pour in the coconut milk and bring up to a simmer.
2. Add the mussels to pan, cover and cook for approx. 6 minutes until mussels have opened (discard any that won't open). Scatter with coriander sprigs and lime wedges to serve.

Mussels in Garlic Butter Sauce

INGREDIENTS

1kg mussels (9393)
100g butter (2009)
4 garlic cloves, chopped (1807)
1 shallot, chopped
150ml cooking wine (9179)
Salt & pepper to season
Chopped parsley to garnish

METHOD

1. Melt the butter in a large pan over a low heat, add the garlic and shallots and cook until softened.
2. Add the mussels & wine and season with salt and pepper. Cover and cook on a higher heat for approx. 6 minutes until mussels have opened (discard any that won't open). Garnish with chopped parsley.



Mussels with Chorizo & Cider

INGREDIENTS

1kg mussels (9393)
100g chopped chorizo (8418)
20g butter (2009)
1 shallot, finely chopped
3 garlic cloves, finely sliced (1807)
½ tsp chilli flakes (9491)
200ml cooking cider (1095)
100ml double cream (1432)
Salt & pepper to season
Chopped parsley to garnish

METHOD

1. Fry the chorizo in a large pan until golden and has released some oil. Add the butter, shallot, garlic and chilli and fry for 2-3min. Pour in the cider and bring to the boil.
2. Add the mussels to pan, cover and cook for approx. 6 minutes until mussels have opened, (discard any that won't open). Stir in the cream and parsley and season with salt and pepper.

Mussels with Beer

INGREDIENTS

1kg mussels (9393)
1 tbsp olive oil (9825)
2 shallots, finely chopped
1 garlic clove, chopped (1807)
1 bottle of beer
Finely chopped parsley to garnish.

METHOD

1. Heat the oil in a large pan, add the shallots and garlic to soften.
2. Add the mussels and beer, stir, and cover. Cook for approx. 6 minutes until mussels have opened (discard any that won't open). Garnish with parsley.

Mussels in a Spicy Tomato Sauce

INGREDIENTS

1kg mussels (9393)
40g butter (2009)
1 tbsp olive oil (9825)
3 garlic cloves, chopped (1807)
1 shallot, chopped
2 tbsp capers (1257)
1lt passata (1154)
1 tbsp Italian seasoning (6852)
1 tsp chilli flakes (9491)
Chopped spring onions to garnish

METHOD

1. Melt the butter in a large pan and add the olive oil. Cook the garlic, shallot and capers in oil mixture until shallots are soft. Mix in passata, Italian seasoning and chilli flakes, cover and simmer on a low heat for 8 minutes.
2. Add mussels and combine with sauce, cover and cook for approx. 6 minutes until mussels have opened (discard any that won't open). Garnish with spring onion.