

Mussels with Tomato and White Wine



**Seafood! Eat your way to better health
with Omega-3**

Master Fish Merchants' Association of Australia

Mussels with Tomato and White Wine

Serves 4

- 2kg Blue Mussels, scrubbed and de-bearded
- 1 medium onion, finely chopped
- 3-4 garlic cloves, finely chopped
- 400g tinned diced tomatoes
- ½ cup white wine
- 2 tablespoons chopped fresh parsley
- 3 tablespoons olive oil
- ½ cup water
- Salt and Pepper to taste

- Heat olive oil in a large pan, add onion and garlic, and cook for 2 minutes on a medium heat to soften.
- Add tomato and white wine, and simmer for 10 minutes.
- Boil water in large saucepan, add mussels and cover for 2-3 minutes. Remove mussels with tongs as they open and set aside.
- Add cooked mussels to sauce, salt and pepper to taste, sprinkle with parsley and mix well. Serve with crusty bread and salad.



OCEANWATCH
AUSTRALIA

www.oceanwatch.org.au

Healthy catchments and
healthy oceans for sustainable,
quality Australian seafood

