

## **Mussel Meat Salad**

(Serves 2. Prep time 10 minutes)

### **Ingredients**

2 lb (1 kg) Mussels  
4 Tbsp (60 mL) olive oil  
1 Tbsp (15 mL) dry white wine  
1 Tbsp (15 mL) lemon juice  
2 spring onions, finely chopped  
3 Tbsp (45 mL) parsley, chopped  
black pepper, freshly ground



### **Preparation**

- Mix all ingredients and remain.
- Add Mussel meat to remaining ingredients and toss thoroughly.
- Allow to marinate in refrigerator 1/2 hour before serving.