

## Pan Fried Mussels

### Ingredients

8 oz (227g) MUSSEL MEAT NEXT  
WAVE SEAFOOD

1 shallot

2 cloves of garlic

1 handful of fresh parsley

1.5 oz (42 grams) butter

pepper to taste

1 loaf of bread



### Preparation

- chop shallot and cloves of garlic. Chop one handful of fresh parsley leaves.
- Place our frying pan on medium heat and add 1 oz (28grams) of butter.
- Add the shallot and the garlic, panfry until glossy.
- Add the mussel meat. Season with some black pepper.
- Slice a loaf of bread in half. Your mussels are ready when they are a little caramelized.
- Add 0.5 oz (14grams) butter for creaminess and stir in the fresh parsley.
- Place the bread on a nice board or plate and serve the mussels on top. Enjoy!

## Mussels in Spicy Tomato Sauce

### Ingredients

4 tablespoons extra-virgin olive oil  
4 garlic cloves, sliced  
16-ounce (450grams) Italian plum tomatoes, crushed by hand  
1/2 teaspoon dried oregano  
1/2 teaspoon kosher salt  
1/2 teaspoon chilli flakes  
8 oz (227grams) mussel meat  
10 large fresh basil leaves, shredded



### Preparation

- Heat 5 tablespoons olive oil in a large Dutch oven over medium-high heat.
- Add the sliced garlic, and cook until the garlic sizzles and turns just golden around the edges, about 2 minutes.
- Add the tomatoes, slosh out the can with 1/4 cup hot water, and add that to the pot.
- Season with the oregano, salt, and chilli flakes. Bring to a boil, and simmer until slightly thickened, about 10 minutes.
- Once the sauce has thickened, add the frozen mussel meat, stir, and adjust the heat so the sauce is simmering.
- Stir in the basil, and drizzle with the remaining tablespoon of olive oil. Transfer the mussels to a serving bowl, and pour juices over. Serve immediately.
- Note: Instead of the canned tomatoes, you can use 2 pints of cherry or grape tomatoes, halved.

## Spicy Marinated Mussels

### INGREDIENTS

- 8 oz (227g) mussel meat
- 1 bay leaf
- 1 cup white wine
- 1 small onion, chopped
- 2 clove garlic, chopped
- 1 small hot pepper, seeded and chopped
- ¼ cup shallots, chopped
- ¼ cup green onions, chopped
- 1 small red pepper, chopped
- 1 small green pepper, chopped
- 2 Tbsp fresh parsley, minced
- 2 Tbsp Butter or olive oil to fry



### Preparation

- Place all ingredients (not the marinate ingredients and wine) in a large sauce pan and fry soft for 5-7min.
- Add wine
- Add the frozen mussel meat into the sauce pan until they heat up. Remove.

## **Marinade**

### **Ingredients**

½ cup white wine vinegar

2 clove garlic, chopped

2 Tbsp dijon mustard

¼ tsp salt

½ cup olive oil

1 dash black pepper

### **Preparation**

- Combine ingredients in an air-tight container and shake vigorously to blend.
- Pour over the mussel meat.
- Refrigerate until ready to use.

## **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.

## Mussels and Spaghetti with Tomato

### Ingredients

300g spaghetti  
8 oz (227grams) mussel meat  
3.38 fl.oz (100 ml) white wine  
2 cloves garlic, minced  
0.85 fl.oz (25ml) olive oil  
14.5 oz (400g) canned chopped tomatoes  
1tsp sugar  
1.69 fl.oz (50ml) extra-virgin olive oil, to garnish  
salt to taste  
pepper to taste



### Preparation

- Prepare the tomato sauce by heating the olive oil in a large saucepan over a medium-high heat.
- Add the garlic and stir well, cooking for 1 minute.
- Add the chopped tomatoes to the saucepan and bring to a simmer.
- Stir in the sugar and season with salt and pepper. Simmer for 4-5 minutes, stirring occasionally until the sauce has thickened, then remove from the heat and reserve to one side.
- Bring a large saucepan of salted water to the boil and cook the spaghetti until 'al dente'; usually 8-10 minutes.
- Reheat the tomato sauce and stir the mussels into it to warm through.
- Drain the spaghetti and toss with the sauce.
- Season to taste and spoon onto serving plates. Drizzle with the extra-virgin olive oil and serve immediately.

## **MUSSEL CHOWDER**

(SERVES 4)

### **Ingredients**

1 pack mussel meats (1lb)  
1 tablespoon oil  
1 medium onion, diced  
2 oz celery, chopped  
2 strips of bacon, finely chopped  
4 medium potatoes, cubed  
2 cups fish stock or water  
Parsley, chopped, 1 tablespoon  
3/4 cup cream  
Salt & pepper to taste

### **Preparation**

- Heat the oil in a large pan over medium heat.
- Add the onion, bacon and celery and sauté for 2-3 minutes until softened.
- Add the fish stock or water. Bring to a simmer and add the potatoes.
- Continue simmering for approximately 10 minutes, until the potatoes have cooked and are soft, and the liquid has reduced.
- Add the mussel meats. Return the pan to a simmer and add the parsley and the cream.
- Cover the pan with a lid and simmer gently until the mussel meats are tender and hot through, then season to taste and serve.



## **Pickled Mussels**

(SERVES 4)

### **Ingredients**

2 packs of Next Wave Seafood all Natural Mussel Meat

2 bay leaves

3 garlic cloves, sliced

6.5 tbsp extra virgin olive oil

6.5 tbsp white wine vinegar

2 tsp of sweet paprika

### **Preparation**

- Put the mussel meat into a microwaveable bowl and heat on maximum for 2 minutes (from frozen), or 1.5 minutes if already thawed.
- Heat the oil in a skillet and add the garlic slices, cooking gently until golden. Add the bay leaves and let cool slightly.
- Add the paprika and stir in so that it does not burn. Carefully add the vinegar and then pour the mixture over the hot mussels, covering them with the marinade.
- Let stand a few hours before consuming, so the perfectly pickled flavor infuses the mussels.
- Salt will not usually be necessary as the mussels have a slight hint of salt from the sea!



**Serving suggestion: As a Spanish “tapas” or appetizer, accompanied by crusty bread to dip into the tasty sauce.**



## **White Wine Seafood Marabella** (SERVES 2)

### **Ingredients**

1 pkg Next Wave Seafood Medley  
4 Tbs olive oil  
1/2 medium onion, finely chopped  
2 garlic cloves, finely chopped  
14.5 oz can chopped tomatoes  
6 oz concentrated tomato paste  
1 tsp of mediterranean herbs  
1 tsp of chili flakes or granulated  
Pinch salt  
1 bay leaf  
3.4 fl oz fish stock



### **Preparation**

- Heat oil in a pan and sauté onions and garlic until golden.
- Add Seafood Medley to pan.
- Mix well, until mussels start opening.
- Add dry ingredients and stir fry (~5 minutes).
- Add tomatoes, tomato paste, and fish stock.
- Bring to boil.
- Simmer for 20 minutes.
- Serve with pasta or rice. Serves 2.
- Mangia!

## **STIR – FRY SEAFOOD WITH PEPPERS & SPINACH**

This is a delicious, quick dinner for two.  
Pick up the ingredients on your way home.  
PREP: 5 MINS. COOK: 10 MINS. EASY

### **Ingredients**

- 4.5 tbsp. (67.5 ml) Groundnut or sunflower oil
- 3 large garlic clove, sliced thinly
- 1 red pepper, cored, deseeded and thinly sliced
- 5 oz cherry tomatoes
- 10 oz (1 package) seafood – mix, defrosted and patted dry
- 3 tbsp. (45ml) soy sauce or thai fish sauce
- 5 oz bag baby spinach leaves



### **Preparation**

- First open your package of Seafood-Mix and let it thaw.
- Heat a wok until you can feel a good heat rising. Add 2 tbsp. oil and seconds later, the garlic slices. Stir – fry until they start to turn golden, spoon onto paper towel to drain.
- Toss in the pepper and stir – fry for 1 minute or so until softened, then scoop out and set aside.
- Add the cherry tomatoes to the wok and turn until golden brown and set aside too.
- Add the remaining tbsp. oil. Heat, then toss in the seafood – mix and stir – fry for another 2 – 3 minutes until cooked.
- Add the soy sauce or fish sauce.
- Throw in the spinach and stir- fry until it begins to wilt.
- Return the slide garlic, peppers, cherry tomatoes and crisp seafood – mix to the wok.
- Serve with your favorite pasta.

### **Mussels Putanesca**

Sauté shallots with olive oil, stir in capers, diced sun-dried tomato, Kalamata olives and a touch of anchovy paste and deglaze with white wine before stirring in Mussels in Garlic Sauce to heat through. Serve over linguini with minced parsley.

### **Mussels Americana**

Sauté onions in butter, deglaze with fish stock, reduce, add corn, diced red bell pepper, heavy cream and Mussels In Garlic Sauce and heat through. Stir in minced chives and serve over several slices of grilled Rustic Bread toasts. Sprinkle top with shredded Asiago cheese to garnish.

### **Mussels Fisherman Style**

Heat Mussels In Garlic Sauce and stir in pitted green olives, pimiento strips, diced canned tomatoes, tomato paste and red wine until heated through and serve tossed with minced parsley and scallions over a bed orzo or cous cous.

### **Mariners Mussels**

Simmer Mussels In Garlic Sauce with wine, minced shallots, lemon zest and juice along with hot red pepper flakes and serve tossed with minced parsley on top of crusty grilled French bread and sprinkled with parsley and lemon.

### **Saffron & Garlic Mussels**

Shallots are lightly sautéed and simmered with wine, saffron, heavy cream, mussels are added and cooked to heat through. Serve over a bed of rice with minced parsley.

### **Belgium Mussels and Fritte**

Garlic Mussels are steamed with wine and a touch of cream and served with a mound of French fries.

### **Bruschetta Mussels**

Mussels In Garlic Sauce are heated and then served top with a chopped tomato-basil- onion mixture and drizzled with a touch of balsamic glaze to serve over hot spaghetti.

### **Thai Mussels**

Minced shallots are sautéed with butter then deglazed with rice wine vinegar, mixed with red or yellow Thai curry paste and coconut milk before stirring in Mussels in Garlic Sauce to heat through and finishing with minced cilantro. Serve over a bed of rice Asian noodles.