

## 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!