



### Product Spotlight: Blue Mussels

These blue mussels are blanched for easy prep—just reheat, toss in your favourite sauce, and serve!



## Tomato Garlic Mussels with Ciabatta

Italian style mussels simmered in a tomato garlic sauce, served with charred ciabatta bread and a balsamic dressed rocket salad.



30 minutes



2 servings



Fish

## Switch it up!

*You can toss cooked spaghetti through the sauce and mussels to make a hearty pasta. Garnish with lemon zest, fresh parsley, or sliced red chilli for extra flavour*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	40g	16g	47g

## FROM YOUR BOX

BROWN ONION	1
GARLIC CLOVES	3
TOMATO	1
CHOPPED TOMATOES	400g
BLUE MUSSELS (BLANCHED)	2 x 500g
CIABATTA LOAF	1
ROCKET LEAVES	1 bag

## FROM YOUR PANTRY

olive oil, salt, pepper, balsamic vinegar, fennel seeds, dried chilli flakes, sugar (of choice)

## KEY UTENSILS

griddle pan (optional), large saucepan with lid

## NOTES

You can leave the chilli flakes out if you prefer less spice. Fennel seeds can be substituted with dried oregano for flavour.

Rinse the mussels before adding if you prefer a less briny flavour.

You can bake the bread in the oven if preferred.

**No gluten option** – ciabatta loaf is replaced with GF bread.



### 1. SAUTÉ THE ONION

Heat a large saucepan over medium-high heat with **olive oil**. Slice and add **onion** with **2 crushed garlic cloves**, **1/2 tsp chilli flakes** and **1/2 tsp fennel seeds** (see notes). Cook for 3 minutes until softened.



### 2. SIMMER THE SAUCE

Chop **tomato** and add to pan. Cook for **3–5 minutes** until softened. Stir in **1/2 tbsp balsamic vinegar**, **1 tsp sugar**, **chopped tomatoes**, and **1/4 cup water**. Cover and simmer for 5 minutes.



### 3. WARM THE MUSSELS

Drain **mussels** and add to the sauce (see notes). Cover and steam for 3–5 minutes until shells open. Discard any that stay closed. Toss to coat in sauce.



### 4. CHAR THE BREAD

Mix **1 crushed garlic clove** with **1/4 cup olive oil**. Slice **ciabatta loaf** and brush both sides with **garlic oil**. Char in a griddle pan or frypan for 1 minute each side. Set aside.



### 5. DRESS THE ROCKET

Whisk together **1/2 tbsp balsamic vinegar** and **1/2 tbsp olive oil**. Toss with **rocket leaves** to dress.



### 6. FINISH AND SERVE

Serve **mussels** with **rocket leaves** and **charred bread**.



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