BAKED GARLIC & PARSLEY MUSSELS

A SUSTAINABLE SEAFOOD RECIPE

Serves 4

Ingredients:

1) 24 ½ shell green lip mussels
2) 1 large peeled garlic clove
3) 1 large peeled red shallot
4) Handful of italian parsley leaves
5) Zest of a ¼ lemon
6)100 gm unsalted butter, softened
7) 75 gm white breadcrumbs
8) Salt and pepper to taste

Sauce Tarator:

1) 100 gm peeled red peppers
2) 2 slices white bread without crust
3) 80 ml Milk
4) 40 gm crushed walnuts
5)1 glove chopped garlic
6) Pinch of Cayenne pepper
7) Pinch of Chili flakes
8) Lemon juice
9) Salt and pepper to taste

Method:

1. To make the sauce tarator, combine all ingredients into a food processor and blend into a fine paste, season with salt and pepper and a few drops of lemon juice

2. Refrigerate before serving.

3. To prepare the Mussels, combine garlic, shallots, lemon zest and parsley into a food processor and blend into a fine paste.

4. Add the softened butter and pulse, once all ingredients are combined, then add the breadcrumbs and season to taste with salt and freshly ground black pepper

5. Cover each mussel with some of the garlic and parsley butter.

6. Lay them on a baking tray and baked in an oven at 180oc until they are crisp and golden brown.

7. Serve immediately with Lemon and Sauce Tarator on side