

MUSSELS WITH TOMATO AND HERBS

THE STEAM
OVEN KITCHEN



INGREDIENTS

24- 30 mussels, cleaned and debearded
Juice of one lemon or 1/2 cup white wine
olive oil
1 onion, finely diced
1 can chopped tomatoes in juice
2T dried mixed herbs
Salt and pepper
1/2 cup panko breadcrumbs
1/4 cup grated parmesan cheese

INSTRUCTIONS

Place mussels in a steam oven tray and sprinkle with lemon juice or wine.

Steam 100C for 8- 10 minutes or until mussels are open.

While mussels are steaming, fry onion in olive oil and add tomatoes and herbs and seasonings.

Cook tomato mixture until liquid is reduced by 1/3.

When mussels are open remove from oven.

Pour half a cup of liquid from mussels into tomato mixture and continue to reduce while you remove one shell from each mussel.

Spoon a dollop of tomato mixture onto each mussel and place on oven proof serving dish or another steam oven tray

Mix parmesan with Panko and sprinkle over each mussel

Preheat oven to 190C Fan Grill or Fanbake + Steam (high humidity) and place mussels near top of the oven for approximately 5 minutes or until lightly browned.