



Boston BayTM mussels

fresh from the bay

Thai Boston Bay MusselsTM with Sweet Potato

Ingredients:

- 750g Sweet Potato
- 2 tablespoons vegetable oil
- 3 cloves of garlic
- 2 tablespoons of fish sauce
- Handful of basil leaves
- 3 tablespoons of sweet chilli sauce
- 2 tablespoons of lime juice, plus 1 extra lime cut into wedges
- Steamed rice to serve
- 2kg of Boston Bay Mussels
- 3 finely chopped spring onions
- 1 red chilli finely sliced
- 1 tablespoon of sugar
- Handful of coriander sprigs

Method:

- Cut Sweet Potato into large bite sized chunks, cook in a pan of simmering salted water for 10-15mins until tender then drain.
- Heat oil, spring onions, garlic, chilli and 1 cup (250ml) of water in a heavy lidded pan over medium heat.
- Bring to the boil.
- Add Boston Bay Mussels cover and cook for approx. 4mins
- Add sweet potato, fish sauce, sugar and chilli sauce to mussels and stir through.
- Add herbs and lime juice, toss well.
- Serve with lime wedges and steamed rice

**READY
TO COOK...**
LIVE BLACK MUSSELS
CLEANED, SCRUBBED
and DE-BEARDED



ORGANICALLY GROWN and HIGH IN OMEGA 3

Ingredients: Fresh Black Mussels (*Mytilus Galloprovincialis*) www.bostonbaymussels.com.au