Blue mussels

Recipe by V-ZUG Ltd.

Preparation	15 Mins
Cooking time	5 Mins 30 Secs
Portions	4
Appliance	Combair-Steam SE from 2015

Preparation

1½ kg blue mussels

1 onion

100 g parsley

200 ml white wine

Clean the mussels well and remove any beards. Peel and finely chop the onion. Wash and finely chop the parsley.

(Pre-)heat cooking space to 150 °C with Hot air + steaming

Put the mussels, together with the wine and chopped onion, on a baking tray. Put the baking tray into the preheated cooking space. Cook.

Put the food in

Hot air + steaming 150 °C for 5 Mins 30 Secs

Arrange the cooked mussels in a dish and garnish with the chopped parsley.

Accessories

Baking tray

Additional information

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