Blue mussels

Recipe by V-ZUG Ltd.

Preparation	
Cooking time	
Portions	4

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

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

Accessories

Baking tray

Additional information

Created on	25.06.2024