



# Blue mussels

Recipe by V-ZUG Ltd.



|              |                            |
|--------------|----------------------------|
| Preparation  | 15 Mins                    |
| Cooking time | 5 Mins 30 Secs             |
| Portions     | 4                          |
| Appliance    | Combair-Steam SL 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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