

MUSSELS WITH CHILLI AND LEMON PANGRITA

1 **SmartPoints** VALUES FOR 3 MUSSELS | SERVES: 48 | PREP: 20 MINS | COOKING TIME: 15 MINS

Ingredients

- 1.5 kg pot-ready mussels (see note)
- 2 x 35g slices day-old wholemeal bread, torn
- 1 small garlic clove, crushed
- 1 fresh red birdseye chilli, finely chopped
- 2 tsp finely grated lemon rind
- 1½ tbs olive oil
- 1 tbs finely chopped fresh flat-leaf parsley



Filling and Healthy Foods are marked with a green circle. These foods help fill you up and keep you healthy.

Instructions

1. Preheat oven to 200°C or 180°C fan-forced. Line 2 baking trays with baking paper. Remove any beards from mussels (see note).
2. Bring 1 cup (250ml) water to a simmer in a large saucepan over high heat. Add mussels and cook, covered, for 5 minutes or until mussels have opened (discard any that do not open). Drain. Remove and discard the empty shell from each mussel. Use a small sharp knife to loosen mussels from remaining half-shells.
3. Process bread in a food processor until fine crumbs form. Transfer to a bowl. Add garlic, chilli, rind and oil and stir to combine. Season with salt and pepper. Spoon breadcrumb mixture over mussels. Place on prepared trays. Bake for 8 minutes or until topping is golden and crisp. Sprinkle with parsley to serve.

Notes

You will need 48 mussels for this recipe. Pot-ready mussels are uncooked and have been scrubbed and had most of the beards removed. They are available from the seafood counter of most supermarkets or your local fishmonger. If unavailable, scrub uncleaned mussels in a large sink full of cold water with a firm brush. Hold the beard (furry part around the opening) close to the shell and gently tug until it comes off.