



Steamed Mussels

with MH Sweet Potato Tarragon Dressing

PREP 10 MINS | COOK 3 MINS
SERVES 3

PREPARATION

Rinse the mussels under cold water. Remove broken mussels, pulling off any beards.

In a large pot with a lid, heat on medium for 2 minutes.

Add the mussels and Tarragon dressing to the pot. Increase the heat to high and cover the pan. After 2 minutes, remove the lid and toss the mussels well with a large wooden spoon. Cover the pot again and cook until the mussels have opened wide, another 2 to 3 minutes.

Give the mussels a final toss, divide the mussels and the broth among bowls. Serve with bread.

Recipe created by: Chef Malcolm Henry
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