

Fay's chilli mussel

Recipe by Chef Dale Sniffen

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Preparation time; 20 minutes
Cooking time; 15 minutes
Serves; 4 to 6 portions

Prep list

3 tbsp olive oil
3 clove fresh crushed garlic
1 red chilli finely chopped, (with seeds hot!!) (Without not so hot)
1kg washed and bearded fresh mussels
1 cup white wine or chicken stock
500ml chilli pasta sauce (sacla brand chilli sauce is best)
½ cup chopped Italian parsley
Crusty Italian bread for dipping

1. Slowly pre heat a large wok or 8L sauce pan with a tight lid.
2. Gently sauté garlic and chilli in olive oil until fragrant
3. Add prepped Mussels and toss them around until coated
4. Pop the lid on and steam mussels until they start to open
5. Add wine and pasta sauce, pull heat!!! Keep stirring
6. Season to taste
7. Add chopped parsley

Serve in the wok with lots of crusty bread.