



PEI MUSSELS

30 MINUTES

MAKES 4 SERVINGS

A delicious East Coast classic.

INSTRUCTIONS

Simmer mussels in shallots, garlic, and white wine until cooked. Drizzle with basil oil and finish with a squeeze of fresh lemon & GoodLeaf Micro Spicy Mustard Medley.

INGREDIENTS

Mussels:

3lbs of PEI Mussels

2 Shallots

2 Cloves of Garlic

½ Cup of White Wine

Basil Oil:

2 Handfuls Basil

¼ Cup of Olive Oil

Pinch of Salt

1 Package of GoodLeaf Micro Spicy Mustard Medley

Fresh Lemon



Vertically Farmed. Straight-up Good.™