



East Coast Blue Mussels Fra Diavolo

Created in Naples, Italy, this dish has some heat to it, but is softened by the sweetness of our American grown, sustainably sourced, SAND FREE mussels. Enjoy with some rustic bread or served with pasta.

EASY COOKING DIRECTIONS

KEEP FROZEN UNTIL READY TO COOK

For food safety and quality, follow these cooking instructions.
Cook to an internal product temperature of 145°F.



STEAM ON STOVETOP

1. Add 12oz of water to a large pan.
2. Turn burner on high
3. Place pouch with mussels in pan and cover.
4. Steam for 6-7 minutes or until clams open.
5. Cut pouch and and pour into serving bowl.
6. Enjoy mussels with French bread, or over fresh cooked pasta.



BOIL ON STOVETOP

1. Place pouch in boil pot.
2. Fill with enough water to cover pouch.
3. Turn burner on high and bring to a boil.
4. Boil for 5-6 minutes or until mussels open.
5. Cut pouch and and pour into serving bowl.
6. Enjoy mussels with French bread, or over fresh cooked pasta.



STEAM IN STEAMER

1. Fill steamer with water.
2. Add pouch with mussels inside
3. Steam for 5-6 minutes or until clams open.
4. Cut pouch and and pour into serving bowl.
5. Enjoy mussels with French bread, or over fresh cooked pasta.