



## East Coast Blue Mussels Provençal

Our baked version of the classic French dish served on the French Riviera cities of Canne and Nice. The balanced flavors of tomatoes and herbs accentuate the sweetness of the mussels. Enjoy our American grown, sustainably sourced blue mussels as an appetizer or light lunch.

### EASY COOKING DIRECTIONS

**KEEP FROZEN UNTIL READY TO COOK. DO NOT REFREEZE.**

This product is intended to be cooked from frozen. For food safety and quality, follow these cooking instructions. Cook to an internal product temperature of 145°F.

#### AIR FRYER



1. Turn air fryer on High.
2. Remove frozen mussels from packaging tray and place mussels on rack. Cook for 7-8 minutes or until topping is sufficiently brown. *(cook times will vary using one rack or two. Be careful not to overcook.)*
3. Using tongs or large serving spoon, carefully remove mussels from air fryer and place on serving plate. Let stand for 1 minute. **Mussels will be VERY HOT!**
4. After cooking, slide fork in bottom of shell and enjoy.

#### OVEN



1. Preheat oven to 400°F.
2. Use aluminum foil to line a broiler pan. **IMPORTANT SAFETY STEP: Add enough water to cover the bottom of the pan. The water will reduce flare ups from any Provençal topping that may fall off the mussels.**
3. Remove frozen mussels from packaging tray and place on foiled lined broiler pan.
4. Place pan and mussels on the middle rack of preheated oven for 6 minutes.
5. Turn the oven on broil, and continue to cook for an additional 5-6 minutes, or until topping is golden brown. Be careful not to overcook.
6. Using tongs or large serving spoon, carefully remove mussels from air fryer and place on serving plate. Let stand for 1 minute. **Mussels will be VERY HOT!**
7. After cooking, slide fork in bottom of shell and enjoy.