



# Express aromatic mussels

## Ingredients (serves 1)

500 g rock mussels

50 ml water

Black pepper

Lemon zest\*

Chopped parsley

2 bay leaves

## Method

1. Clean the mussels properly.
  2. Put in a big plate or container that is suitable for microwaving. Add water, pepper, the zest of a lemon, and two bay leaves.
  3. Cover the plate and cook in the microwave at maximum power for four minutes.
  4. Remove from the microwave and let it cool for some minutes.
  5. Take the lid off the plate and sprinkle in lemon zest and parsley.
  6. With a spoon stir everything together and serve.
- \*Wash the lemon skin properly before grating.