



# Mussels with Urban Appetite Chilli and Tomato Sauce

This is a simple and healthy dish to make and can be served as a starter or as a Sunday brunch or as a main. In New Zealand we have an abundance of fresh, quality mussels and the Urban Appetite Chilli and Tomato Sauce is a great match for this quick to plate dish that has a zing to it.

2 tablespoons olive oil  
1 brown onion, finely chopped  
2 garlic cloves, crushed  
3-6 tbsp [Urban Appetite Chilli Tomato Sauce](#)  
1 400 gram tin of diced tomatoes  
1 lemon, rind finely grated, juiced  
2 teaspoons caster sugar  
1/2 cup dry white wine  
1.5kg mussels, beards removed (see tip below)  
3 tbsp chopped chives  
Gluten free bread or potato wedges to serve



## Method

Heat oil in a large, deep saucepan over medium heat. Add the onion, garlic and cook, stirring, for 3 minutes or until onion is soft.

Add tomato, Urban Appetite Chilli Tomato Sauce (add an amount to your desired taste), lemon rind, lemon juice, sugar and wine to pot. Stir until well combined.

Increase heat to high bringing the sauce to the boil. Reduce heat to medium. Simmer, uncovered, for 8 to 10 minutes or until thick. Season with salt and pepper.

Add the cleaned, de-bearded mussels to sauce and then cover and cook, shaking pan occasionally, for 3 to 5 minutes or until mussel shells open. Discard unopened shells.

Ladle sauce and mussels into bowls making sure to pour the sauce all over the mussels then, sprinkle with chives. I sometimes add a dollop of sour cream on top of the plated mussels. It works well with the sauce.

Serve with bread or wedges.