



*Blue Ocean*  
MUSSELS

*Naturally Good*

**GREEK FRIED MUSSELS**

## GREEK FRIED MUSSELS

**SERVES:** 4 as a starter | **PREPARATION TIME:** 7-10 minutes  
**COOKING TIME:** 10-12 minutes | **DIFFICULTY:** Easy

### INGREDIENTS

- 400 g local frozen half-shell mussels, thawed and deshelled
- 250 g flour
- 70 g corn flour
- 5 ml dried oregano
- 15 ml salt
- 7 ml white pepper
- Canola oil for frying
- Extra salt, for seasoning
- Lemon wedges, tzatziki dip and pita breads, for serving

### A LITTLE TIP

Like a little fire?  
Try adding some cayenne pepper to the flour mixture before dusting and frying the mussels. The combination of spicy mussels with the cool tzatziki makes for a rather appetising starter.

### METHOD

1. Using kitchen paper, pat the mussels dry and set aside.
2. Mix the flour, corn flour, salt, pepper and oregano together.
3. Dust the mussels in the seasoned flour, shaking off any excess flour.
4. Heat the oil to 180 °C.
5. Fry the mussels in batches in the hot oil for 2-3 minutes or until golden brown and floating.
6. Drain on kitchen paper to absorb the excess oil and season well with salt.
7. Serve immediately with lemon wedges, tzatziki dip and pita breads.

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