

Frozen Whole Cooked Mussel

Mussels are nutrient dense; rich in protein and minerals such as zinc, iron and Vitamins B and C. They are also low in fat and cholesterol, and high in omega 3 fatty acids. A type of shellfish, they are relatively affordable, and can be sourced sustainably through environmentally sound farming practices. When cooked, mussels are tender and chewy, and are delicious on their own or mixed with a medley of seafood.

Our all natural Black Mussels are cooked and cultivated with consistent quality, with high meat yield. They are then quickly frozen and packed in 1000gm vacuum packed portions to retain their freshness and flavor.

Packing size : 1000gm (Vacuum packed)

