



Mussel salad with lemon



Categoria
Saladas



Tempo de preparação
Médio



Dificuldade
Fácil



Custo
High




Com quem?
With family



Nº de pessoas
4 pessoas

Ingredientes

 1dl of Victor Guedes Extra Virgin

- 250g of frozen mussels, without shells
- 30g of onions
- 30g of plum tomatoes
- 10g of garlic
- 150g of mixed lettuce leaves
- Parsley, to taste
- Lemon vinegar, to taste

Modo de preparação

1

Boil the mussels and cool down immediately.

2

Place the chopped onions and garlic in a bowl, add the diced tomatoes and mix in the mussels.

3

Season with olive oil, lemon vinegar and chopped parsley.

4

Serve over the lettuce leaves and use all of the dressing.

Produtos utilizados



Extra Virgin
Extra Virgin Olive Oil



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