



MAINES

PAPER & FOOD SERVICE, INC.

Spanish Inspired Mussels

Ingredients **Yield: 1 Serving**

- 1 tsp. Olive Oil
- 3 oz. Chickpeas, canned, rinsed
- 4 ea. Cherry tomato, halved
- 2 oz. Onion, yellow, medium diced
- 1 ea. Garlic clove, minced
- 2 oz. Red bell pepper, medium diced
- 1 tsp. Fresh oregano, remove from stem, chopped
- t.t. Black pepper, café
- Pinch of saffron
- 1/4 c. Chicken broth
- 1 oz. Sherry, dry
- 3/4 # Mussels, PEI, scrubbed

Preparation Instructions:

1. Heat oil in a large saucepan over medium heat. Then add the chickpeas, tomatoes, onion, garlic and red bell pepper.. Cook stirring frequently until softened approximately 5-6 minutes.
2. Add in the oregano, pepper, and saffron continue cooking, stirring until fragrant, approximately 30 seconds. Pour in the chicken broth and sherry, to deglaze and scrape up any browned bits. Bring to a simmer.
3. Now add the mussels and stir to combine with ingredients. Return the saucepan to a simmer, cover and continue cooking until the mussels open, approximately 5 minutes. Discard any unopened mussels before serving.
4. Serve mussels in bowl with broth and crusty bread.

Ingredients	Product Name	Maines Product Code #	Amount	Cost
Olive oil	Trifoglio	370861	1 tsp.	\$0.02
Chickpeas	Bountiful Harvest	220635	3 oz.	\$0.11
Cherry Tomato	Fresh	097777	4 ea.	\$0.28
Onion, yellow	Fresh	097502	2 oz.	\$0.06
Garlic, clove	Markon	097210	1 ea.	\$0.02
Red bell pepper	Fresh	097564	2 oz.	\$0.29
Fresh oregano	Fresh	097282	1 tsp.	\$0.12
Black pepper, café	Culinary Secrets	345631	t.t.	\$0.03
Saffron	Roland	345103	Pinch	\$1.10
Chicken base	Culinary Secrets	234105	1/4 c.	\$0.04
Sherry, dry	Regina	305420	1 oz.	\$0.08
Mussels, PEI	Fresh	095019	3/4 #	\$1.64

Recipe Cost	\$3.79
Portion Cost	\$3.79

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost
\$6.95	\$3.79	\$3.16	54.53%

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost
\$7.95	\$3.79	\$4.16	47.67%

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost
\$8.95	\$3.79	\$5.16	42.35%

