



## Taste the Marlborough Sounds

### Who are we?

PHR Processing Ltd is a family owned manufacturer of cooked gourmet mussels. Owners, Chris & Trish Redwood have a background in the mussel farming industry spanning over 20 years.

PHR Processing Ltd aims to produce premium cooked mussels which can be eaten straight out of the packet or used anywhere live would normally be used.

### The Omega™ Process

Taking mussels grown in the pristine waters of the Marlborough Sounds, PHR Processing Ltd inspect, wash and de-beard them before putting them in a plastic pouch. The pouch is then vacuum packed before being cooked under pressure at high temperature in a steam retort (industrial pressure cooker). Natural flavours are captured and retained through this process while food safety and product shelf life are enhanced.

### Omega™ Cooked Gourmet Mussels - Product Features

- 500g – perfect meal or entrée size
- Washed, scrubbed, de-bearded and cooked
- Minimum 12 mussels vacuum packed and cooked in the shell
- Unflavoured – retaining the Marlborough Sounds taste
- No knife required – shells will open when seal is broken
- Quick to heat – just 2 min's in microwave/on stove top
- Long shelf life – will keep in the fridge for **1 YEAR** (store below 4 °C, N.B. product designed to hang on hook) or deep freeze for 2 years
- Healthy – Low fat, High protein, Good source Omega 3, No preservatives or additives, Low sugar
- Heart Foundation tick approved
- Price – TBC per 5kg carton of 10 packs
- **1 KG PLAIN PACK (FOR FOOD SERVICE) ALSO AVAILABLE**

### Key Food Service Benefits

- Portion control – ideal entrée size
- Easy & quick – 'no mess, no hassle'
- Presentation and preparation – fine for half shell, full shell or no shell dishes with natural flavour providing ideal base for any mussel dish
- Minimal wastage – long shelf life, handy portions
- Reduced labour costs – save time in prep
- Hygiene – no risk of cross contamination, no risk of listeria
- Easy Storage – fridge/freezer, no smells/dripping in the fridge
- Economy & Efficiency – **ASK ABOUT OUR SPECIAL RATES!**
- Low risk – easy way to extend menu without worrying about turnover of dishes or availability of fresh



## Uses

Use Omega™ Cooked Gourmet Mussels anywhere live would normally be used!

## News and Praise

- Omega™ mussels were judged ‘Best seafood item’ at the Kaikoura Seafest 2nd October 2004.
- “I found these to be the ultimate in convenience and perfect for serving in our cafe”  
- Stephen Thompson, Verrans Espresso and Food, Hospitality Magazine, October 2004.
- “The concept is simple and safe . . . sure to be picked up by the hospitality business . . .”  
- Kate Fraser, Zest, The Press, 7/10/04.
- “perfect for unexpected guests or an easy snack with drinks.”  
- Cuisine Magazine, November 2004

## Easy menu ideas for mussels

**Served whole with:** bread & salad, chips or wedges, sliced lemon and lime

**Served whole with dipping sauces:** soy & sesame, BBQ, sweet chilli & coriander, tartare, coconut & lemongrass

**Grilled (in the half shell) with:** garlic, bread crumbs and parsley, cheese and celery, mushroom sauce

**Or as part of:** an antipasto, a chowder, or a paella!

## Nutritional Information

Serving size: (approx.125g shelled mussel)		
	Per 100g	Per serve
Energy	475 kJ	593 kJ
Protein	17.7 g	22.1 g
Fat, total	2.90 g	3.63 g
saturated	0.80 g	1.00 g
trans	0 g	0 g
polyunsaturated	0.82 g	1.03 g
omega 3	0.65 g	0.83 g
EPA	337 mg	421 mg
DHA	262 mg	328 mg
monounsaturated	0.54 g	0.68 g
Carbohydrate, total	3.90 g	4.88 g
sugars	0.70 g	0.88 g
Sodium	521 mg	651 mg
Haem Iron	6 mg	12mg



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