

PASTA DI FARRO ALLE COZZE (Spelt pasta with Mussels)

This recipe was inspired by one of my trips to Italy. Simple, minimum ingredients (like most of Italian dishes), quick and yet... flavoursome, tasty and filling; providing you are a seafood fan ;) In Italy most likely they will serve it with regular white pasta, however swapping white with wholemeal or spelt pasta will make this dish less calorific and will increase the fiber content.

Serves 2-3 people



Ingredients:

200-230g of cooked mussels
200g of spelt or wholemeal pasta
2 cloves of garlic- chopped
0.5 to 1 tsp of chili flakes or 1 fresh chopped red chili (depending on how hot you like it)
½ glass of white wine (or boiled water if you don't wish to add alcohol)
2-3tbsp of finely chopped parsley
Salt
Olive oil

In a medium size saucepan bring water to boil. Add pasta and cook for 10mins or according to the package instructions. Remember, al dente is what you are after ;)

While pasta is boiling chop finely ¾ of mussels. Heat up 1tbsp of olive oil and add garlic and chillies, without burning the garlic. Add the chopped mussels as soon as the garlic and chillies start sizzling. Cook them for few minutes adding the wine, a bit at the time (or boiled water). Cook for few more minutes until it thickens. Add remaining whole mussels, parsley and season with salt... and voila, or as Italians would say; ecco fatto!

Once pasta is cooked, drain it and add to the mussel sauce, mix it well adding more olive oil if desired.

Serve hot in a bowl and decorate with additional parsley leaves. This dish is great on its own as lunch or as a starter (use less pasta though, 70g pp) or main for dinner.