

Harnett's Oils Seafood Recipes

Harnett's One Pot Cider Mussels with Leeks and Tagliatelle

Ingredients:

- 1 Kg Fresh Mussels
 - 1 Tbsp Harnett's Basil Rapeseed Oil
 - 1 Garlic clove (finely chopped)
 - 3 Leeks (trimmed and sliced)
- 500ml Cider
- 250g Tagliatelle
 - 1 Tbsp Wholegrain Mustard
 - 2 Tbsp Chopped fresh flat leaf parsley

Method:

1. Wash the mussels under cold running water, removing any beards by pulling them sharply off the shells. Discard any broken mussels or any that don't close when tapped.
2. Heat the oil in a large lidded saucepan over a medium heat. Add in the garlic and leeks. Cook for 3-4 minutes, stirring occasionally, until softened. Pour in the cider, season and bring to the boil. Add the pasta and cook for 5 minutes.
3. Stir in the mustard then tip in the mussels, cover and cook for 5 minutes, shaking the pan occasionally. Discard any mussels that haven't been opened.
4. Sprinkle parsley over the top to serve.