

Sautéed Mussels with Garlic

Cozze in padella all'aglio

These mussels are served without their shells in a delicious sauce flavoured with garlic and paprika. Eat them with cocktail sticks or small forks.

Ingredients

900 g/2 lb fresh mussels
1 lemon slice
90 ml/6 tbsp olive oil
2 shallots, finely chopped
1 garlic clove, finely chopped
15 ml/1 tbsp chopped fresh parsley
2.5 ml/½ tsp sweet paprika
1.5ml/¼ tsp dried chilli flakes

serves 4

1 Scrub the mussels. Discard any that do not close when tapped sharply with the back of a knife.



2 ▲ Put the mussels in a large pan, with 250 ml/8 fl oz/1 cup water and the slice of lemon. Bring to the boil and cook for 3–4 minutes; remove the mussels as they open. Discard any that remain closed. Take the mussels out of the shells and drain on kitchen paper.



3 ▲ Heat the oil in a sauté pan, add the mussels and cook, stirring, for a minute. Remove from the pan. Add the shallots and garlic and cook, covered, over a low heat, for about 5 minutes, until soft. Remove from the heat and stir in the parsley, paprika and chilli. Return to the heat and stir in the mussels with any juices. Cook briefly to heat through, then serve at once.

