



# UCCOOK

## Pomodoro Pasta & Mussels

**with wholewheat spaghetti, Kalamata olives & pickled peppers**

This combination of mussels steamed with heaps of garlic & onion, mixed with a rich pomodoro sauce, is nothing short of heavenly. Serve this saucy perfection over tender wholewheat spaghetti, and you have yourself the ultimate divine weeknight dinner!

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**Hands-On Time:** 20 minutes

**Overall Time:** 25 minutes

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**Serves:** 2 People

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**Chef:** Ella Nasser

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 Quick & Easy

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 Boschendal | Grande Cuvée Vintage Brut

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## Ingredients & Prep

250g	Whole Wheat Spaghetti
1	Onion <i>peeled &amp; roughly diced</i>
1	Garlic Clove <i>peeled &amp; grated</i>
400g	Mussels
200ml	Tomato Passata
50g	Pitted Kalamata Olives
50g	Pickled Bell Peppers
5g	Fresh Basil
40ml	Grated Italian-style Cheese

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Butter (optional)  
Paper Towel

**1. PASTA PARTY** Boil the kettle. Fill a pot for the pasta with boiling water, add a pinch of salt, and place over a high heat. Once boiling rapidly, cook the pasta for 8-10 minutes until al dente. Drain on completion and toss through some oil to prevent sticking.

**2. STEAMED MUSSELS** Place a pot over a medium-high heat with a drizzle of oil. When hot, add the diced onion and fry for 3-4 minutes until soft, shifting occasionally. Add the grated garlic and fry for 1-2 minutes, until fragrant, shifting constantly. Pour in 100ml of water and bring up to a boil. Once boiling, add the mussels, cover with the lid, and steam for 3-5 minutes, until warmed through (don't worry they are pre-cooked!). On completion, use a slotted spoon to remove the warmed mussels from the pot, reserving the onion mixture in the pot.

**3. KEEP IT GOING** Return the pot, with the onion mixture, to a medium heat. Pour in the tomato passata. Leave to gently simmer for 7-10 minutes until slightly reduced. While the sauce is reducing, drain the olives and the pickled peppers. Halve the olives and roughly chop the peppers. Rinse and pick the basil.

**4. TOSS TOGETHER** When the sauce is done reducing, add the halved olives, the cooked mussels, the chopped pickled peppers, seasoning, and the cooked pasta. Toss until fully combined.

**5. FLEX THOSE MUSSELS!** Plate up the hearty pomodoro pasta. Top with the grated Italian-style cheese and the picked basil. Finish off with a grind of pepper. Tuck in, Chef!

## Nutritional Information

Per 100g

Energy	614kJ
Energy	147Kcal
Protein	7.9g
Carbs	21g
of which sugars	5.7g
Fibre	2.1g
Fat	2.4g
of which saturated	0.6g
Sodium	340mg

## Allergens

Egg, Gluten, Dairy, Allium, Wheat,  
Sulphites, Shellfish/Seafood

Cook  
within 1  
Day