



UCOOK

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!


Hands-On Time: 30 minutes

Overall Time: 30 minutes

Serves: 4 People

Chef: Ella Nasser

 Quick & Easy

 Boschendal | Grande Cuvée Vintage Brut

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

500g	Whole Wheat Spaghetti
2	Onions <i>peeled & roughly diced</i>
2	Garlic Cloves <i>peeled & grated</i>
800g	Mussels
400ml	Tomato Passata
100g	Pitted Kalamata Olives
100g	Pickled Bell Peppers
10g	Fresh Basil
80ml	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 large pot over a medium-high heat with a drizzle of oil. When hot, add the diced onion and fry for 4-5 minutes until soft, shifting occasionally. Add the grated garlic and fry for 1-2 minutes, until fragrant, shifting constantly. Pour in 200ml 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 10-12 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