

# THE FLEXITARIAN COOK

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## Mussels Fra Diavolo



### *Ingredients:*

2 lbs fresh mussels	sea salt to taste
1 Tbsp each butter and olive oil	2 Tbsp chopped parsley
1 clove garlic	1/4 cup white wine or dry vermouth
1 medium shallot	3 cups tomato sauce
1 tsp (or more) crushed red pepper flakes	1 lb spaghetti, linguine or fettuccine

Clean mussels and discard those with a broken shell. Soak them in cold water while you prepare the sauce.

Bring water for pasta to a boil.

Chop shallot and garlic finely. In a large sauté pan, gently sauté shallot in butter and oil over medium-low heat, until the shallot begins to turn a light golden brown. *Note: adding olive oil to the butter allows the butter to tolerate higher temperatures without burning.* Add garlic and sauté for an additional 30 seconds. Add white wine, tomato sauce, salt, and pepper flakes. Bring to a quick simmer, cover and cook together for about 10 min.

While the sauce simmers, cook pasta according to package directions.

Add cleaned and drained mussels to the tomato sauce, cover and steam over medium heat for 3 to 5 minutes or so. The mussels will be done when they are open; do not overcook, or they would turn rubbery. **Discard any mussel that has not opened at this time.**

Pour mussels and sauce in a large bowl over pasta and garnish with parsley. Serve immediately.

Serves 4 hungry people.