

Mussels with Garlic and Leeks



Serves: 2

Time: 20 min

Instructions

1:

Scrub the mussels under cold running water, discarding any that are cracked.

2:

Heat oil in a large, lidded pan and fry leeks until softened, a bout 7 minutes, then add the garlic, chilli flakes and salt.

3:

Add the wine and bring to the boil, then add the mussels and cover the pan immediately. Cook on high heat for 2-3 minutes until the mussels are wide open.

4:

Stir in the parsley and serve.

Ingredients

2kg

Live mussels

2 tbsp

Olive oil

1

Large leek, trimmed and sliced into half moons

2

Garlic cloves, chopped finely

175ml

White wine or cider

Handful

Parsley leaves, chopped

To taste

Chilli flakes

To taste

Salt