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## moroccan mussels, tapenade toasties & cucumber salad

### method

Ingredients out • Large high-sided roasting tray, low heat • Liquidizer • Large griddle pan, high heat

#### START COOKING

Pour 2 tablespoons of oil into the roasting tray • Squash in the unpeeled garlic through a garlic crusher and stir in the harissa • Pour the tomatoes into the liquidizer with most of the coriander, salt, pepper, the preserved lemons and the saffron, purée, then pour into the tray and turn the heat up

Bring the sauce to the boil, then stir in the mussels (throw away any open ones that don't close when tapped) and cover well with a double layer of tin foil, pinching it at the sides to seal (use a tea towel to protect your hands) • Cut the ciabatta lengthways into quarters and put on the griddle pan, turning when golden and charred • Cut the lettuce into quarters and place on a big board

Using a box grater, coarsely grate the cucumber in long strokes, add a good pinch of salt, then toss and squeeze to get rid of the excess salty liquid, and pop in a bowl • Rip off the top leafy half of the mint, finely chop

**serves: 4 | 549 calories**

### ingredients

Mussels  
olive oil  
3 cloves of garlic  
2 heaped tsp harissa  
2 x 400g tins of chopped tomatoes  
½ a bunch of fresh coriander  
2 preserved lemons  
1 pinch of saffron  
2½kg mussels, scrubbed clean and debearded

To serve  
1 ciabatta loaf  
1 small soft round lettuce  
½ a cucumber  
a few sprigs of fresh mint  
½ a lemon  
4 tbsp fat-free natural yoghurt  
½ a clove of garlic  
90g jar of sun-dried tomato tapenade

it and add to the cucumber with the lemon juice and yoghurt, then season to taste and spoon over the lettuce • Rub the toast with ½ a garlic clove and spread over the tapenade • Check to see if the mussels have opened up (throw away any that remain closed), then sprinkle with the remaining coriander leaves, correct the seasoning of the sauce and serve with the toasties and salad