

RECIPE CARD

MUSSELS WITH NDUJA SAUSAGE AND BEANS

SERVES 4

INGREDIENTS

- 2kg Fresh mussels
- Extra-virgin olive oil
- 1 Small onion, finely chopped
- 2 Cloves of garlic finely chopped
- A small handful of roughly chopped parsley
- 2 x 400g Tins haricot beans, well drained
- 75g Nduja sausage
- Sea salt Black pepper
- Serve with French bread and lemon.

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METHOD

1. Wash the mussels All the mussels should be closed; chuck away any that remain open.
2. Heat a good slug of the extra-virgin olive oil in a large, lidded saucepan.
3. Cover the pan and cook the mussels for about 5 minutes, or until they open, stirring them regularly. Remove any mussels that have remained closed and throw them away.
4. Stir in the white beans and chopped parsley and let everything heat through.
5. Pour this over the mussels and stir so that some of the nduja goes into the sauce and some bits remain on the top season with sea salt and black pepper if required and a good squeeze of lemon.
6. Serve immediately with French bread.