



The Fish counter has been very kind to us recently. They have a contract Fishmonger at the moment at the local supermarket. He clears down and reduces at 4.45pm and is off site by 5pm sharp. So if I?m around I pop over and scoop up whatever we think we?ll be able to build a recipe around.

The Chorizo at £1 cost more that the 1kg of Mussels!!!!

Ingredients:-

1kg live Mussels, boiled and shelled
100g of Chorizo, cubed
1 Red Onion, diced
3 Cloves of Garlic, minced
1 Red Chilli, finely chopped
2 Sprigs of fresh Thyme
200ml of White Wine
1 Tbsp of Tomato Puree
1 Tin of chopped Tomatoes
½ Tsp of Sugar
1 Tsp of Paprika
Oil to fry
Salt & Pepper to season

Method:-

- (1) In a frying pan over a medium heat add a little Oil.
- (2) Add the Chorizo and fry until browned.
- (3) Remove and set aside.
- (4) In the same pan add the Onions and fry until softened.
- (5) Add the Garlic and Chilli and fry for a further minute.
- (6) Stir in the Tomato Puree, Sugar and Paprika.
- (7) Add the Wine and simmer for two minutes.
- (8) Add the Tinned Tomatoes and season with Salt & Pepper.
- (9) Add the Thyme and continue to simmer over a low heat for 15 minutes.
- (10) Return the Chorizo and Mussels and continue to stir and simmer until heated through.

Served of Spaghetti with a bit of Gluten free Garlic Bread this was a real treat. Garnish with a bit of grated Italian style cheese and you're sorted. Plus it was very cost effective (Read cheap as chips!)