

Fin Boys Spaghetti with Mussels and Chilli

"We use Tom Large's Brancaster mussels that are harvested daily." Says Rich. "And that's the thing about mussels - for them to be fantastic they really have to be super-fresh."

INGREDIENTS

- 100ml dry white wine
- 1kg mussels, scrubbed
- 200g dried spaghetti
- 50ml extra-virgin olive oil, plus extra to serve
- 1 garlic clove, thinly sliced
- 2 small courgette, cut into julienne
- ½ tsp dried red chilli flakes
- ½ cup (loosely packed) basil
- 1 tbsp finely chopped tarragon
- To serve: lemon wedges (optional)

Pangrattato

- 200gm stale white baguette, cut into small cubes (about ½)
- 50ml extra-virgin olive oil
- 1 garlic clove, crushed

METHOD

- 1. For the Pangrattato, preheat oven to 250C. Combine ingredients in a bowl, season to taste, then scatter on an oven tray and bake, shaking occasionally, until golden (5-10 minutes). Set aside.
- 2. Bring wine to the boil in a large saucepan over high heat, add mussels, cover with a lid and shake occasionally until mussels open (4-6 minutes). Remove from heat, drain, reserving cooking liquid, and set aside. When mussels are cool enough to handle, remove from shells and set aside.
- 3. Boil spaghetti in a large saucepan of salted water until al dente (5-7 minutes), then drain.
- 4. Heat oil in a frying pan over medium-high heat, add garlic and sauté until pale golden (1 minute). Add courgette and chilli and cook until the courgette is tender (1-2 minutes). Add mussels, basil, tarragon, 60ml reserved cooking liquid and pasta and toss to combine. Season drizzle with olive oil, scatter with Pangrattato and serve with lemon wedges.

NOTES