

# Spaghetti with Mussels

**Low fat**

Total time: **15 minutes**

Serves: **4**

## Ingredients

300g Waitrose wholewheat spaghetti  
2 cloves garlic, thinly sliced  
100ml dry white wine  
1kg fresh, live mussels, debearded and rinsed  
20g pack Cooks' Ingredients flat leaf parsley, chopped  
2 x 185g bags salad leaves, to serve

## Method

1. Cook the wholewheat spaghetti in a large pan of boiling salted water for 9 minutes until tender.
2. Meanwhile, place the garlic and wine in a large pan, bring to the boil and bubble for 2 minutes. Check the mussels, discarding any that remain open when tapped sharply on a work surface, then add to the pan. Cover with a tight lid and cook for 5 minutes until all the shells have opened.
3. Drain the pasta and return to the pan. Add the mussels and all their cooking liquid and the chopped parsley. Toss well together, then divide among shallow bowls and grind over some black pepper. Serve with lots of crisp green salad on the side.



## Nutritional Info

Typical values per serving:

<b>Energy</b>	329kcal
<b>Carbohydrate</b>	52.1g
<b>Sugars</b>	3.1g
<b>Fat</b>	3.8g
<b>Saturated Fat</b>	0.7g
<b>Salt</b>	0.6g

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