

Mussels in spicy tomato sauce

(served with wheat germ and olive bread)

A delicious and nutritious starter that's quick to make- allow 10 minutes.

Ingredients:

- 500g fresh mussels
- 150g passata
- 3 shallots
- 1 garlic clove
- ½ red chilli
- 1 teaspoon dried chilli flakes
- 150mls low salt vegetable stock (made up as per instructions)
- ground black pepper for seasoning
- rapeseed oil
- handful of fresh basil



Method:

1. Place the mussels in a bowl of running cold water and scrape off any beards or barnacles.
2. If any of the shells are open, discard
3. Finely chop the shallots and garlic clove and prepare the chilli pepper by de-seeding and slicing thinly
4. Lightly spray the bottom of a large saucepan with rapeseed oil
5. Gently sauté the shallots and garlic clove then add the fresh chilli
6. Add in the vegetable stock, passata, black pepper and a sprinkle of chilli flakes depending on how hot you like it
7. Bring the liquid to the boil and then set to a gentle simmer with the lid on
8. Scatter a handful of basil leaves into the mixture
9. Drain the mussels and gently lower into the simmering liquid. No need to mix, just pop the lid on and let the mussels steam in the liquid for 5 minutes
10. Check that all the mussels have opened and discard any that haven't. Pop the lid on and give the pan a gentle shake to coat the mussels in the liquid
11. Serve into a bowl and enjoy with some wholesome bread

Wheat germ and olive bread for two

Homemade bread takes a little time and effort but is well worth the wait. This bread recipe is delicious to eat and packed with heart healthy goodness. Serve warm and skip the butter- it's good for dipping and doesn't need the added fat.

Ingredients:

- 150g strong wholemeal bread flour
- 50g wheat germ
- 1 tsp dried active yeast
- ½ tsp sugar
- ½ vitamin c tablet
- 100ml warm water
- 1 tablespoon pitted green olives, chopped
- 1 tablespoon pumpkin seeds

Method:

1. Combine the yeast with the sugar and a little of the warm water in a small glass- leave for around 15 minutes until you see the bubbles rise from the activated yeast. If you don't see the bubbles, discard and start again. Make sure the water isn't too hot, just a little tepid.
2. Combine the dry ingredients and crumble in ½ vitamin C tablet (this helps speed the proofing up)
3. Make a well in the centre of the dry ingredients
4. Pour in the yeast and sugar solution with remaining warm water and combine with a palette knife until the dough starts to form a ball
5. Knead on a floured work surface for 10 minutes until smooth, shiny and elastic.
6. Place in a slightly oiled bread tin and cover with a damp tea towel. Leave to proof in a warm place until it's doubled in size (around 45 minutes)
7. Fold in your green olives and shape as desired. We split ours into two and made a rustic cobbler out of one and a plait out of the other but you could leave it as a small loaf.
8. Leave to proof for a further 30 minutes and pre-heat the oven to 210°C
9. Sprinkle with pumpkin seeds and glaze with a little egg wash
10. Bake for 15 minutes until golden brown and well risen
11. Remove from the oven and cool on a wire rack before slicing