

SPANISH MUSSELS

Easy enough for a briny weeknight meal or fab al fresco party dish, you'll be a red hot cook all summer (<http://blog.mealsonheelsbymindy.com/summer-produce-spotlight/>) with this easy one-pot recipe. Here is one of our favorite ways to prepare fresh mussels, Spanish style (<http://www.mealsonheelsbymindy.com/menus/tasty-travels/spain/#paella>). With a touch of flavorful chorizo and jalapeno heat, this seafood recipe is dressed to impress.

Related to scallops, oysters and clams, mussels (<http://blog.mealsonheelsbymindy.com/entertain-and-flex-your-mussels/>) are a great source of lean protein, omega-3 fatty acids and contain many essential minerals including zinc, selenium and manganese, to boot.

Just remember to sop up all those yummy juices with crusty bread!

For more yum, giveaways and our food philosophy, be sure to submit your email for our Seasonal Newsletter (<http://www.mealsonheelsbymindy.com/>) and follow us on Facebook (<https://www.facebook.com/DontWorryEatHappy>), Twitter (https://twitter.com/meals_heels), Instagram (<https://instagram.com/mbkobrin/>) and Pinterest (<https://www.pinterest.com/mealsonheels/>). PS We truly get a kick out of your favorite food pic moments with friends and family! Remember to share that love and post pics with hashtag #DontWorryEatHappy. (<http://www.mealsonheelsbymindy.com/dont-worry-eat-happy/>)



SPANISH MUSSELS

Prep Time: 10 minutes

Cook Time: 5 minutes

Yield: Serves 4-6.

Ingredients

- 6 lbs fresh mussels, thoroughly rinsed
- 3 Tbs Extra Virgin olive oil
- 1 chorizo sausage, skin removed, diced (cured spiced pork sausage)
- ½ small red onion, finely diced
- 1 jalapeno pepper, sliced into very thin rings, rinsed
- ¾ cup dry white wine, like a Sauvignon Blanc
- 1 red, yellow or orange pepper, finely diced
- 1 Roma tomato, seeded and finely diced
- ½ bunch fresh basil, coarsely chopped
- Salt and fresh ground pepper to taste
- 1 baguette, cut into slices, lightly grilled

👉 French fries

Instructions

- 👉 In a large heavy-bottomed pot over high heat, heat the olive oil. Add the chorizo, red onion and jalapeno pepper and cook, stirring for 2 minutes.
- 👉 Add the white wine, bell pepper, and mussels. Cover the pot and simmer until the mussels open. Toss in diced tomato and fresh chopped basil and serve immediately. Serve with grilled baguette slices and french fries for scrumptious dipping.