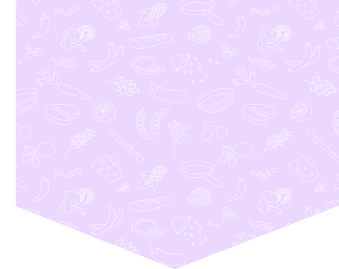




Mussels and Linguine

with Garlic Tomato Sauce and Peppers

FAMILY 35 Minutes



Mussels



Linguine



Diced Tomatoes



Garlic



Italian Seasoning



Onion



Tomato Sauce



Basil



Sweet Bell Pepper

HELLO MUSSELS

An East Coast favourite, fresh, salty and briny!

Start Strong

Before starting, wash and dry all produce.

Bust Out

Garlic Press, Large Bowl, Large Non-Stick Pan, Large Pot, Strainer, Measuring Cups, Measuring Spoons

Ingredients

	4 Person
Mussels	908 g
Linguine	340 g
Diced Tomatoes	1 can
Garlic	12 g
Italian Seasoning	1 tbsp
Onion	113 g
Tomato Sauce	2 tbsp
Basil	7 g
Sweet Bell Pepper	320 g
Oil*	
Salt and Pepper*	

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



1. COOK LINGUINE

Add **10 cups water** and **2 tsp salt** in a large pot. Cover and bring to a boil over high heat. Add **linguine** to the pot of **boiling water**. Cook, uncovered, stirring occasionally, until tender, 10-12 min. Drain and return **linguine** to same pot.



4. ASSEMBLE PASTA

Reduce heat to medium-low. Add **diced tomatoes** and **1 cup of the reserved mussel liquid** to the same pan. Cook, stirring occasionally, until slightly reduced, 4-5 min. Pour the **sauce** from the pan to the pot with the **linguine**. Toss to combine. Add **mussels**. Cover and cook until heated through, 2-3 min. ** Season with **salt** and **pepper**.



2. PREP

While **linguine** cooks, peel, then cut the **onion** into ½-inch pieces. Core, then cut the **pepper** into ½-inch pieces. Roughly chop the **basil**. Peel, then mince or grate the **garlic**. Using a strainer, drain the **mussels** over a large bowl, reserving the **liquid**. Remove and discard any broken or closed **mussels**.



5. FINISH AND SERVE

Divide **linguine** and **mussels** between bowls. Sprinkle over **basil**.

Dinner Solved!



3. COOK VEGGIES

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil**, then the **onions** and **peppers**. Season with **salt** and **pepper**. Cook, stirring often, until tender-crisp, 3-4 min. Add **Italian seasoning**, **garlic** and **tomato sauce**. Cook, stirring often until fragrant, 1-2 min.

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