The Fish counter has been very kind to us recently. They have a contract Fishmonger at the moment at the local supermarket. He clears down and reduces at 4.45pm and is off site by 5pm sharp. So if I?m around I pop over and scoop up whatever we think we?ll be able to build a recipe around.

The Chorizo at £1 cost more that the 1kg of Mussels!!!!!

Ingredients:-

1kg live Mussels, boiled and shelled
100g of Chorizo, cubed
1 Red Onion, diced
3 Cloves of Garlic, minced
1 Red Chilli, finely chopped
2 Sprigs of fresh Thyme
200ml of White Wine
1 Tbsp of Tomato Puree
1 Tin of chopped Tomatoes
½ Tsp of Sugar
1 Tsp of Paprika
Oil to fry
Salt & Pepper to season

Method:-

(1) In a frying pan over a medium heat add a little Oil.
(2) Add the Chorizo and fry until browned.
(3) Remove and set aside.
(4) In the same pan add the Onions and fry until softened.
(5) Add the Garlic and Chilli and fry for a further minute.
(6) Stir in the Tomato Puree, Sugar and Paprika.
(7) Add the Wine and simmer for two minutes.
(8) Add the Tinned Tomatoes and season with Salt & Pepper.
(9) Add the Thyme and continue to simmer over a low heat for 15 minutes.
(10) Return the Chorizo and Mussels and continue to stir and simmer until heated through.

Served of Spaghetti with a bit of Gluten free Garlic Bread this was a real treat. Garnish with a bit of grated Italian style cheese and you're sorted. Plus it was very cost effective (Read cheap as chips!)