



Spaghetti alle Cozze: White Wine Mussel & Prawn Spaghetti

with Garlic, Courgette and Fresh Rocket

High Protein

Preparation time : 20 min.



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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/spaghetti-alle-cozze-white-wine-mussel-prawn-spaghetti-55>

Detach me! _____

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Garlic Press, Large Saucepan, Lid, Colander

Ingredients for 1-6 people

Ingredient	2p	3p	4p
Spaghetti (grams)	180	270	360
Courgette (unit(s))	1	2	2
Garlic Clove (unit(s))	2	3	4
Mussels (grams)	500	750	1000
Creme Fraiche (grams)	150	225	300
White Wine Stock Powder (sachet(s))	1	1½	2
Grated Hard Italian Style Cheese (grams)	20	40	40
Wild Rocket (grams)	20	40	40
King Prawns (grams)	160	240	320
Water for the Sauce (milliliter(s))	200	300	400

Add yourself

Salt, pepper, oil and water according to taste.

Nutritional values

Per serving	Amount
Energy (kj)	3396 kj
Energy (kcal)	812 kcal
Fat	31 g
of which saturates	17.8 g
Carbohydrate	86.5 g
of which sugars	8.6 g
Dietary Fibre	4.9 g
Protein	48.3 g
Salt	5.57 g

Allergens

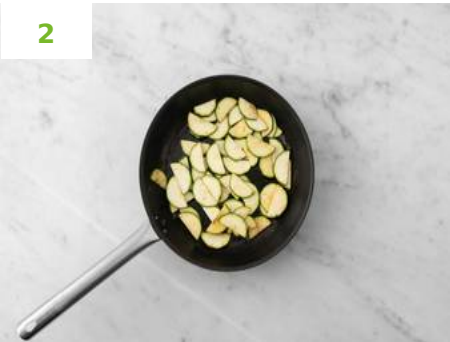
Egg, Mustard, Milk, Wheat, Molluscs, Crustaceans, May contain traces of allergens, Soya, Celery, Barley, Cereals containing gluten, Sulphites

Always check the product labels for allergen information.



Boil the Pasta

- a) Bring a large saucepan of **water** to the boil with ½ **tsp salt**.
- b) When boiling, add the **spaghetti** to the **water** and bring back to the boil. Cook until tender, 8 mins.
- c) Once cooked, drain in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together.



Get Frying

- a) Meanwhile, trim the **courgette**, then halve lengthways. Slice widthways into 1cm thick pieces.
- b) Heat a drizzle of **oil** in a large saucepan on high heat.
- c) When hot, add the **courgette** and cook until charred, 6-8 mins total. Turn only every couple of mins.
- d) Once cooked, season with **salt** and **pepper**, then remove from the heat.



Finish Prepping

- a) While the **courgette** fries, peel and grate the **garlic** (or use a garlic press).
- b) Drain and rinse the **mussels** in a colander. Discard any broken shell pieces. **TIP:** If you prefer your mussels shelled, carefully open the shells and gently pick out the mussels. Otherwise, if you're happy to serve them with shells, leave them as is.
- c) Drain the **prawns**. **IMPORTANT:** Wash your hands and equipment after handling raw prawns.
- d) Add the **garlic** to the **courgette** and fry for a further min.



Build the Flavour

- a) Add the **mussels**, **prawns**, **creme fraiche**, **white wine stock powder** and **water for the sauce** (see pantry for amount) to the saucepan.
- b) Bring to the boil. Pop a lid on the pan, or cover with foil and turn the heat down to medium-high.
- c) Cook until piping hot, 5-6 mins. **IMPORTANT:** Mussels served in shell, beware of sharp edges or broken shell. Discard any unopened mussels. Ensure they're piping hot throughout. The prawns are cooked when pink on the outside and opaque in the middle.



All Together Now

- a) When the **spaghetti** is cooked, stir it into the **white wine pasta sauce** and **mussels**.
- b) Stir in the **hard Italian style cheese** until melted.
- c) Taste and season with **salt** and **pepper**. Add a splash of **water** if you feel it needs it.



Serve

- a) Share the **spaghetti alle cozze** between your serving bowls.
- b) Top with the **wild rocket** and drizzle over some **oil**.

Enjoy your meal!