

Spaghetti with Mussels (Spaghetti con le Cozze)

Cooking Time

- **Prep Time:** 20 minutes
 - **Cook Time:** 20 minutes
 - **Total Time:** 40 minutes
 - **Servings:** 4
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Ingredients

- 14 oz spaghetti
 - 2 lbs fresh mussels
 - 10–12 Piccadilly tomatoes (or Roma/cherry tomatoes), halved
 - 3 cloves garlic, sliced
 - 1/4 cup extra virgin olive oil
 - 1/2 cup dry white wine
 - 1/4 tsp red pepper flakes (optional)
 - Salt, to taste
 - Freshly ground black pepper
 - **2 tbsp fresh parsley, chopped (optional)**
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Instructions

1. Clean the Mussels

Rinse mussels under cold water and scrub shells if needed.

Remove the beards and discard any mussels that are broken or remain open after tapping.

2. Cook the Mussels

In a large pan, heat half of the olive oil over medium heat.

Add garlic and sauté gently until fragrant (do not brown).

Add mussels and pour in the white wine.

Cover and cook for 4–5 minutes, shaking occasionally, until the mussels open.

Remove mussels and set aside.

Strain and reserve the cooking liquid.

3. Prepare the Sauce

In the same pan, add remaining olive oil and garlic if needed.

Add red pepper flakes (optional).

Add tomatoes and cook for about 5–7 minutes until softened but still fresh.

Pour in the reserved mussel liquid and let it simmer for a couple of minutes.

4. Cook the Spaghetti

Bring a large pot of salted water to a boil.

Cook spaghetti until **al dente**.

Reserve about 1 cup of pasta water before draining.

5. Combine & Finish

Add spaghetti directly to the sauce.

Return mussels to the pan.

Toss everything together, adding pasta water as needed to create a glossy, silky sauce.

Finish with black pepper and a drizzle of olive oil.

Add parsley only if desired.

Tips & Tricks (Authentic Italian Style)

- Always cook mussels fresh—never pre-cooked
- The mussel liquid is essential for flavor—don't skip it
- Keep tomatoes slightly chunky for freshness
- No cheese ✕ (traditional Italian seafood rule)
- Toss pasta in the pan for a creamy, emulsified finish