

With only a handful of ingredients, this mussel recipe will deliver on all fronts – value, time and taste. You'll only need a few minutes to whip up this nutritious meal that will leave your family wanting more.

Ingredients

- 500g Boston Bay Live Pot Ready Mussels
- 250gm fresh or dried rag pasta
- A splash of dry white wine
- 50gm butter
- 100gm pesto sauce
- 1/2 bunch torn basil leaves

Method

1 Drain off the liquid in the bag and use the mussels straight away.

2 Cook pasta in a pot of boiling salted water until tender but still has some 'bite', drain and set aside.

3 Cook mussels with a splash of white wine in a pot, lid on, high heat, for 4mins. Don't overcook mussels – they'll lose their soft texture.

4 Remove mussels, add pesto to liquid and stir. Add butter and melt, then add pasta.

5 Add mussels and torn basil, stir and pour into a hot bowl.

6 Don't throw away any that are unopened after cooking – prise open and eat!