Pan-Steamed Mussels with Tomato and White Beans

2 generous bowls, with bread · Active 25 min · Total 40 min

Skills: Confident beginner

Ingredients

- 2 lb 3 oz live mussels in their shells (1 kg)
- 1 tablespoon olive oil (15 ml)
- 1 small onion, finely diced (100 g)
- 2 garlic cloves, finely chopped (6 g)
- 1 can diced tomatoes with juice (14 oz/400 g)
- 1 can cannellini beans (15 oz/425 g), drained and rinsed to yield about 1 1/3 cups (240 g)
- 1/2 cup water (120 ml)
- 1 tablespoon lemon juice (15 ml)
- 2 tablespoons chopped flat-leaf parsley (8 g)
- 1/4 teaspoon black pepper (0.5 g)
- 4 slices crusty bread (120 g total), to serve

Set out

Large deep 12-inch (30 cm) sauté pan or 5-quart (5-liter) pot with tight lid, Stiff brush, Two serving bowls and an empty shell bowl

Allergens

Molluscan shellfish (mussels), Wheat in bread; check bread for other allergens. Check labels and substitutions.

Make it

1. Keep the mussels refrigerated while preparing the other ingredients. Just before cooking, scrub them under cold running water and pull away the beards. Discard cracked or broken shells and any open mussels that do not close when tapped.

2. Heat the oil in the pan over medium heat. Cook the onion for 5–6 minutes until soft. Stir in the garlic for 30 seconds.

3. Add the tomatoes, beans, water and pepper. Bring to a simmer and cook uncovered for 5 minutes, stirring.

4. Add the cleaned mussels, turn the heat to medium-high and cover tightly. Cook for 5–7 minutes, shaking the pan gently once or twice, until the shells open and the flesh is plump and opaque. Discard any mussels that have not opened.

5. Stir in the lemon juice and parsley. Divide the mussels, beans and broth between two bowls and serve immediately with the bread.

Make this a home supper

Shells, steaming broth and bread deserve a table. Choose another recipe for a hurried desk break instead of trying to turn this one into a portable lunch.

A useful detail

Use live, shell-on mussels for this method. Frozen prepared mussels require their own package instructions and do not use the live-shell tap test.

Keep it well

Best cooked and eaten immediately. Keep live mussels refrigerated at 40°F/4°C or below in a breathable container, never submerged in fresh water or sealed airtight, and follow the seller’s use-by guidance. For cooked leftovers, remove the meat from the shells, cool promptly in shallow containers and refrigerate within 2 hours, or 1 hour above 90°F/32°C. Use within 1 day and reheat the meat and broth to 165°F/74°C. Do not carry shell-on leftovers for a long shift.