

# Mussels Fra Diavolo

## Ingredients

24 Mussels	3 tbsp Tomato Paste
2 tbsp Oil	2-3 tsp Salt
1 medium Onion, chopped	1 1/2 tsp Salt
1 medium Green Pepper, chopped	1 tsp Sugar
1 clove Garlic, chopped	1/2 tsp Red Pepper Flakes
1 lb boneless white fish (haddock or snapper works well)	1/2 tsp Basil
1 (2 oz) can tomato, chopped	1/4 tsp Oregano
1/3 cup Dry White Wine	1 package linguine

## Directions

Rinse mussels under cold water. Boil about an inch of water in a large pot. Reduce heat to low and add mussels. Cover and cook until the shells open, about 5 minutes. Discard any mussels that do not open. Remove mussels from pot.

In a large skillet over medium heat, heat the oil and sauté onions, green pepper and garlic until tender but not brown. Prepare pasta as directed on package. Cut the fish into 1 inch chunks. Into the onion mixture, add tomatoes with liquid from can and all remaining ingredients (except mussels) and the fish & broth.

Turn heat to high and bring to a boil. Reduce heat to low. Cover and simmer 5-7 minutes or until fish is cooked through. Add the mussels and heat through. To serve: Put pasta onto plates or large platter and spoon mussel mixture over.

**Get Fresh**

Reading, PA

610-670-2500

[adelphiaseafood.com](http://adelphiaseafood.com)

