

Red Lentil Penne – Another Wheat Pasta Substitute

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Red Lentil Penne with Butter Garlic Mussels

Servings: 2 Time: 20 min [Download PDF](#)

- Red Lentil Penne – 170g
- Mussels, de-bearded – 2 pounds
- Butter – 6 Tbsp
- Garlic, chopped – 4 large cloves
- Lemon juice – 2 Tbsp
- Parsley, fresh or dried – 3 Tbsp
- Salt, pepper to taste

Instructions:

1. Boil 2 liters of water and add penne with pinch of salt
 2. Simmer for 6 minutes, stirring occasionally
 3. Drain and set aside
 4. Place mussels in a pot, cover it and cook on high heat for 5-6 minutes shaking occasionally.
 5. Transfer mussels in a bowl. Discard those that do not open. Cover with foil.
 6. Add butter to the liquid remained in the pot and melt it.
 7. Add chopped garlic and sauté for about 3 min.
 8. Add parsley and lemon juice.
 9. Bring to boil while stirring.
 10. Place the mussels over pasta.
 11. Drizzle the butter over the dish, soaking the mussels and pasta.
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