



Pistachio Pasta with Black Beluga Lentils and Mussels

1/2 lb. black beluga lentils

water

1 bay leaf

1 T sea salt

2 T olive oil

1 onion, chopped

3 to 4 cloves garlic, minced

1/2 t coriander

1 t cumin

1/2 t smoked paprika

1/2 c dry white wine

12 oz. bag frozen artichoke hearts

8.5 oz. sun dried tomatoes

1 lb. linguine (or pistachio linguine)

1 T olive oil

1/2 onion, chopped

3 to 4 cloves garlic, minced

1 t smoked paprika

1 c dry white wine

2 lbs. fresh mussels, cleaned and debeared

Zest of 1/2 lemon

2 T crushed pistachios

4 T crumbled goat cheese

Place beluga lentils in a heavy sauce pan and add enough water to cover by two inches. Add sea salt to taste and 1 bay leaf. Bring lentils to a boil, reduce heat and simmer for 30 minutes. Finally drain the lentils, remove the bay leaf and set aside.

In the meantime, heat two tablespoons of oil in a large skillet. Add 1 cup of chopped onion and sauté for 3 to 5 minutes. Next add 3 to 4 cloves of minced garlic, some more sea salt to taste, the coriander, cumin and smoked paprika. Stir to combine and add the white wine. Simmer for 2 minutes then add the artichoke hearts and sun dried tomatoes with juices/oils from the jar. Simmer for 8 to 10 minutes. Finally, stir in the black beluga lentils and cook for another 2 minutes. Keep warm.

In another pot prepare the pasta according to package directions, or if using fresh made pasta add noodles to boiling, salted water and cook until al dente (about 3 to 4 minutes). While the veggies are cooking, heat another tablespoon of oil in a sauce pan, add 1/2 an onion chopped cooking for 3 to 5 minutes, then toss in another 3 to 4 cloves of garlic. Once the garlic is fragrant, about 30 seconds, mix in the smoked paprika and white wine. Bring to a boil. Finally add the mussels, cover, and cook for 5 to 7 minutes, giving the pot a good shake 2 or 3 times. Once the shells have opened, the mussels are cooked. Discard any unopened shells.

Add the fresh pasta to serving bowls, top with desired amount of vegetables and several mussels. Finish the plates by sprinkling with a mixture of lemon zest and crushed pistachios, goat cheese and juice from a lemon wedge.

