

Mediterranean Seafood Pasta



Recipe By FoodieBook

Ref: 221

Heading: Pasta

Cuisine: Italian

Food Type: Seafood

No of Portions: 4

Ingredients & Prep

400 g Tomato passata

300 g Spaghetti or pasta of choice dried

250 g Seafood mix, raw & defrosted

1 Onion med chopped finely

1 Fish stock cube or gel pot

1 Garlic clove grated

1 tsp Sweet or hot paprika

20 g Fresh flat leave parsley chopped

3 tbsp Olive oil

1 tsp Black pepper ground

Garnish

1 Lemon cut quarters

sprinkle Fresh flat leave parsley chopped

Suggestion & Tips

You can use any seafood you like, mixed bag from the shops is fine, or make it posh with lobster etc, add a bit of chopped chilli if you the heat. Half quantities for starters.

Method

Step 1 - Boil pasta until al dente (slight bite) in salted water.

Step 2 - Meanwhile fry garlic & onion in the olive oil in a pan until soft, large enough to include the pasta later, add paprika, tomato passata, & fish stock cube/gel pot, simmer for 3 mins, add seafood & cook for 3 mins or cooked.

Step 3 - Drain pasta in a colander & retain a little of the water

Step 4 - Add black pepper & chopped parsley to tomato mixture, add pasta & mix, if too thick add a little of the saved water.

Step 5 - Serve in bowls, sprinkle over parsley & a lemon quarter.