

Seafood Linguine

This is a traditional pasta dish from Genoa, Liguria in the north of Italy. We make a deliciously rich, slightly thicker sauce for you to add to fresh clams, mussels, prawns, crab and squid. Seafood and shellfish works best, but you can use any fish you like. You can also use our frozen cooked seafood mix, just defrost it first and pop in the dish at the end with the pasta just to warm though. Like most recipes this is a guideline, so for a bit more spice simply add fresh or dried chillies or glam it up with some of our fresh lobster meat.

Ingredients

- 400g mixed raw seafood and shellfish
- 300g pasta linguini
- 1 tub Sandys tomato sauce
- 1 tub Sandys prawn sauce
- 2 cloves garlic
- 1 red chilli
- 2 tbsp chopped parsley
- 20ml olive oil
- 50 ml white wine
- 10 cherry tomatoes halved

Method

The Seafood

- Finely chop the garlic and chilli
- Heat the olive oil in a pan, adding the garlic and chilli along with the halved tomatoes and cook for about a minute
- Combine the white wine and half the prawn sauce to half of the tomato sauce
- Pour the liquid over the seafood in a deep bowl
- Add the seafood and sauce mix to the chilli, garlic, placing a lid on the pan.
- Allow it to steam for about 5 mins then add the pasta as suggested above

The Pasta

- Bring the salted water to the boil
- Cook the pasta for a minute less than the packet instructions to ensure its texture is 'al dente'
- Once cooked add the pasta to the cooked sauce and shellfish cooking for another 1min until the pasta is cooked further

Tip:

If the sauce gets a little too thick use some hot cooking water from the pasta. This will also help to season the dish, binding the sauce to the pasta.