

MOURAD'S SEAFOOD SPAGHETTI



DIRECTIONS

1. Bring a large tall pot of salted water to boil. Cook the pasta taking care to undercook it by roughly 2 minutes. We will finish bringing it to desired tenderness in the sauce
2. In a large shallow pot, over medium heat saute the onions until they're translucent.
3. Add tomato paste and garlic until just fragrant.
4. Add the wine and cook until the alcohol evaporates
5. Add crushed tomatoes, oregano and calamari. Cover and cook until the sauce comes to a gentle boil.
6. Add fish and shrimp. Cook just until shrimp turns pink.
7. Drain the pasta and add it to the sauce and bring it to desired tenderness. The starch from the pasta will thicken the sauce
8. Garnish with parsley and lemon wedges

*Serves 6

SHOPPING LIST

12 oz whole wheat spaghetti or linguine

1 6oz can tomato paste

1 cup quality white wine

4 Roma tomatoes, diced small

1 medium onion, diced small

6 cloves garlic, chopped or minced

1 tsp crushed red pepper (more if you like spicy)

Salt & pepper to taste

1 tbsp dried oregano or 1/2 cup fresh

1 cup flat leaf parsley

1 lemon cut in wedges for garnish

3/4 lb calamari rings and tentacles

3/4 lb large shrimp cleaned & deveined

3/4 lb cod or other white fish, cut into 2 in sections

1/2 cup olive oil