



Seafood Linguine

Serves 2

Ingredients

200g pack of seafood cocktail
(Sainsbury's do one that can be frozen)

225g linguine pasta

4 gloves of garlic (or more if you wish)

225g tin of chopped tomatoes

4 – 5 shallots (more if you like)

Glass of white wine

Olive Oil

Salt and black pepper

Chopped parsley

1 medium chilli (optional). If you like it hot, leave seed in; de-seed it if you want milder. Can use a pinch of dried chilli flakes as an alternative. The size of the pinch depends on how spicy you want it. Chilli does give it a lift, depending on your taste.



Method

Cook linguine as recommended – usually 10 – 15 minutes. Heat oil and sauté shallots with crushed garlic and chilli. Drain tomatoes and keep liquid.

Add wine and tomatoes and then re-add tomatoes juice to make the sauce to your preferred consistency.

Add seafood and gently stir until heated through. Season to taste.

Drain linguine and put in large, warmed serving dish. Add seafood mixture and garnish with good handful of chopped parsley.

Clam Linguine

As for Seafood linguine, but omit tomatoes, and use about 1lb of clams and 4 rashers of pancetta or thin sliced dry-cured bacon instead of seafood cocktail.

Fry the bacon with the shallots, but everything else is roughly as for Seafood linguine. May want to add a drop more wine!