



Seafood Marinara



4 Servings



45 minutes

Ingredients :

- Olive oil
- Garlic cloves
- Onion
- Crushed tomatoes
- Tomato paste
- Dry white wine
- Shrimp
- Mussels
- Clams
- Calamari rings
- Red pepper flakes
- Salt
- Black pepper
- Fresh basil
- Fresh parsley
- Cooked pasta



Instructions :

1. Heat olive oil in a large pan over medium heat and sauté chopped onion until soft and translucent .
2. Add minced garlic and cook briefly until fragrant ,being careful not to brown it .
3. Pour in white wine and let it simmer for a few minutes until slightly reduced .
4. Stir in crushed tomatoes and tomato paste ,then season with salt ,black pepper , and red pepper flakes .
5. Simmer the sauce gently for about 15minutes ,allowing the flavors to develop .
6. Add clams and mussels ,cover the pan ,and cook until the shells begin to open .
7. Stir in shrimp and calamari and cook for another 4 to 5 minutes until the seafood is just cooked through .
8. Remove from heat ,discard any unopened shells ,and stir in fresh basil and parsley .
9. Let the dish rest for 5 minutes before serving over cooked pasta .