



Spaghetti Marinara

NIBBLEDISH CONTRIBUTOR

Ingredients

300g raw prawn, head and shell on

1/2kg mussel, cleaned

1/2 head of garlic (5~6 cloves), finely chopped

800g bottle tomato cooking sauce(puree)

500g dried spaghetti

1 fresh chilli (discard the seed, finely chopped) or 1/2 tbsp chilli paste

olive oil

knob of butter

sea salt and black pepper to taste

1/2 tbsp sugar

a handful of italian parsley(or flat-leaf parsley)

Instructions

1. In a medium hot fry pan, drizzle some olive oil and a knob of butter, fry the finely
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chopped garlic and chilli for about 3 minutes.

2. Put in the mussel and raw prawns and stir fry on high heat for about 5 minutes. Discard any unopened mussel.
3. Pour in the tomato cooking sauce, sugar, sea salt and black pepper.
4. Cook on low heat for about 1/2 hour. Constantly stirring.
5. In the mean time, cook your spaghetti al dente.
6. When pasta is cooked, toss through the sauce and served with a small handful of parsley and lemon wedges.