



Seafood Pasta Recipe – Shopping List

Serves 4

	400g/14oz of mixed seafood (chilled or frozen). Make sure this is 'clean' already – <i>no preparation required.</i>
	200g/7oz of spaghetti/linguine
	Extra virgin olive oil
	3 stalks of flat-leaf parsley
	Quarter glass of white wine
	1 clove of garlic
	Salt & pepper
	Optional: 1 plum tomato (from tin)