



Product Spotlight: Catalano's Seafood

This family business has a true commitment to sustainable fishing which is not ruining the seabed. They also go out of their way to bring you the freshest catch around, with no chemicals added to their packs.



Seafood Marinara Pasta with Pangrattato

This one is for the lover's...lovers of delicious food! Cherry tomatoes sautéed with until blistering with garlic, lemon zest and seafood marinara mix served over fresh pasta with pangrattato and fresh parsley.



30 minutes



4 servings



Fish

Spice it down!

The pangrattato contains dried chilli flakes. If you prefer less spice, substitute the panko mix for bread crumbs, make a 50/50 mix with breadcrumbs, or omit it all together.

Per serve: **PROTEIN** 83g **TOTAL FAT** 11g **CARBOHYDRATES** 42g

FROM YOUR BOX

PANKO+CHILLI FLAKE MIX	1 packet
BROWN ONION	1
CHERRY TOMATOES	2 x 200g
FRESH PASTA	1 packet
GARLIC CLOVES	2
LEMON	1
SEAFOOD MARINARA MIX	1 packet
PARSLEY	1 packet
ROCKET LEAVES	120g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, sugar of choice, dried oregano

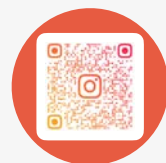
KEY UTENSILS

large frypan with lid, large saucepan

NOTES

No gluten option: pasta is replaced with gf pasta, panko mix is replaced with chilli lupin flakes. Toast lupin flakes according to instructions and cook pasta according to packet instructions until al dente.

Panko + chilli mix: panko crumbs, dried chilli flakes, dried rosemary.



Scan the QR code to
watch how we made it!



1. MAKE THE PANGRATTATO

Bring a large saucepan of water to a boil.

Heat a large frypan over medium-high heat with **3 tbsp olive oil**. Add **panko mix** to frypan and cook, stirring occasionally, for 5 minutes until panko crumbs are golden. Remove to a bowl and reserve frypan.



2. SAUTÉ THE TOMATOES

Add **1/4 cup olive oil** to reserved pan.. Slice **onion**, add to pan along with **tomatoes** and **1 tbsp oregano**. Toss to coat in oil. Cook, semi-covered, for 5-7 minutes until the tomatoes are blistered and bursting.



3. COOK THE PASTA

Add pasta to boiling water. Cook according to packet instructions or until al dente. Reserve **1 cup cooking liquid**. Drain pasta.



4. ADD THE MARINARA MIX

Crush **garlic** and zest **lemon**. Add to frypan along with **marinara mix**. Cook for 2 minutes. Squeeze in juice from **1/2 lemon** (wedge remaining). Add **reserved cooking liquid**, **2 tsp sugar** and **1 tbsp olive oil**.



5. TOSS THE PASTA

Add pasta to frypan. Toss to combine. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Roughly chop **parsley leaves**.

Divide pasta among shallow bowls. Top with parsley and pangrattato. Serve with lemon wedges and a side of fresh **rocket leaves**.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

