



## LINGUINI MARINARA WITH CHILI & LEMON

🕒 15 minutes

🕒 25 minutes

🍴 2 portions

### INGREDIENTS

- 100 grams of linguini pasta, dry,
- 1 tsp of olive oil, (5 g)
- 200 grams of Seafood marinara Mix
- 2 cloves of garlic, crushed (6 g)
- 1/2 large onion, finely chopped (75 g)
- 1 red capsicum, thinly sliced (164 g)
- 2 tomatoes, roughly chopped (246 g)
- 1 red chili, deseeded & finely chopped (45 g)
- 1 tbsp of lemon rind, raw (6 g)
- 2 tbsps of parsley, fresh, roughly chopped (8 g)
- 1 wedge or slice of lemons, (7 g)

### COOKING METHOD

- 1° Cook pasta in a large saucepan of boiling water following packet directions. Drain, reserving 1/4 cup (60ml) cooking water.
- 2° Meanwhile, lightly spray a large non-stick frying pan with oil and heat over high heat. Add marinara mix and garlic, and cook, stirring, for 3 minutes or until seafood is cooked through. Transfer to a plate.
- 3° Lightly spray pan with oil again and heat over medium-high heat. Add onion, capsicum and chilli, and cook, stirring, for 3 minutes or until soft.
- 4° Add tomato and reserved cooking water to pan. Cook, stirring occasionally, for 3 minutes or until sauce thickens. Reduce heat to low.
- 5° Add lemon zest to pan with pasta and marinara mix, and toss until well combined. Divide between bowls and sprinkle with parsley. Serve with lemon wedges.
- 6° TIP: For the best quality marinara mix, buy it from your local fishmonger. Alternatively, make your own using salmon, firm white fish, prawns, calamari and mussels.

### NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (431 g)	% DRI
ENERGY	78 kcal	335 kcal	17 %
FAT	1 g	5 g	7 %
FATTY ACIDS, TOTAL SATURATED	0 g	1 g	3 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	106 mg	456 mg	19 %
CARBOHYDRATE	13 g	55 g	18 %
SUGARS	3 g	11 g	—
FIBER	1 g	6 g	26 %
PROTEIN	5 g	20 g	—