Pasta Arrabbiata

Penne in chilli tomato sauce with calamari, prawns, salmon and mussels, finished with parmesan and garlic bread.

Soup / salad bowl. Takeaway: soup and salad bowl.

Contains Shellfish - Molluscs - Fish - Gluten

INGREDIENTS

- 250g Tomato sauce
- 200g Cooked penne pasta
- 4g Chilli flakes
- 30g Parmesan cheese
- 2g Maldon salt
- 50g Whole calamari
- 3 pcs prawns (30/40)
- 50g Salmon, cubed
- 3 Half-shell mussels
- 2 slices ciabatta (garlic bread)
- 20g Red onion
- 4g Garlic
- 1g Parsley

METHOD

1. Place a frying pan on medium heat and add olive oil.
2. Add the prawns and calamari to the hot oil.
3. Add onion and garlic and sauté well.
4. Add tomato sauce and mix until well combined.
5. Once the sauce is hot, add the penne and toss well.
6. Season with salt and pepper.
7. Sprinkle parmesan over the top.
8. Garnish with parsley and garlic bread.

GARNISH

- Chopped parsley
- Garlic bread
- Parmesan cheese

EQUIPMENT

- Boiler table
- Large spoon
- Large pan