

Seafood Marinara



**Seafood! Eat your way to better health
with Omega-3**

Master Fish Merchants' Association of Australia

Seafood Marinara

Serves 4

- 700g fresh seafood or marinara mix
- 1 onion, finely chopped
- 2-3 cloves of garlic, finely chopped
- 425g can crushed tomatoes
- ½ cup of white wine
- 2 tablespoons chopped fresh parsley
- 400g spaghetti
- 3 tablespoons olive oil

- Heat olive oil in a pan, add onion and garlic and cook for 2-3 minutes on a medium heat.
- Add tomato and white wine and simmer for 20 minutes.
- Stir in seafood and cook for 6-8 minutes until seafood is just cooked.
- Add cooked and drained spaghetti (check packet of cooking times).
- Sprinkle with parsley, mix well and serve with parmesan cheese.

