



Spaghetti with Seafood

Mediterranean Pasta: Spaghetti with Seafood, Cherry Tomatoes, and Fried Arugula

🔪🔪🔪 Easy 🍽️ 4 Servings ⌚ 45 min.



Spaghetti is a versatile staple of Italian cuisine—the Italian all-rounder—spaghetti—in a delicious variation with seafood, cherry tomatoes, and fried arugula. The fried arugula isn't just eye-catching; it also adds rich, nutty flavors to the dish. If you use ready-to-cook seafood, preparation is very simple and doesn't take long.

Ingredients

1 can of ORO di Parma
unpeeled cherry tomatoes
(400 g each)
2 tbsp ORO di Parma
tomato paste, triple-
concentrated
400 g spaghetti
400 g seafood, ready-to-
cook, frozen or fresh
1 onion
2 garlic cloves
250 ml dry white wine
1 bunch of parsley
6 tbsp extra virgin olive oil
Parmesan, 1 pinch of chili
powder, salt, and freshly
ground pepper
a little arugula for frying
and garnishing

Step 1: The Preparation

First, prepare the tomato sauce. To do this, start by peeling the onions and garlic and finely chopping both. Heat olive oil in a pan, add the onions and garlic along with the chili powder, and sauté everything briefly. Then deglaze with white wine and let it simmer for another 2 minutes. Meanwhile, place the seafood in a separate pan and sauté it for one minute. Then add the onion-wine mixture, the ORO di Parma cherry tomatoes, and the ORO di Parma tomato paste. Once everything is well mixed, let the mixture simmer for about 10 minutes with the lid on, then season to taste with parsley, salt, and pepper.

Step 2: The Spaghetti

Bring a large pot of salted water to a boil and cook the spaghetti al dente (firm to the bite)—or softer, if you prefer.

Step 3: The Finale

For the finishing touch, heat a little olive oil in a pan and sauté the arugula in it. Toss the pasta with the tomato sauce, grate the Parmesan, and sprinkle it over your spaghetti con frutti di mare. Garnish with the sautéed arugula and enjoy. Buon appetito!

Used products:



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