

White Wine Seafood Marabella (SERVES 2)

Ingredients

1 pkg Next Wave Seafood Medley
4 Tbs olive oil
1/2 medium onion, finely chopped
2 garlic cloves, finely chopped
14.5 oz can chopped tomatoes
6 oz concentrated tomato paste
1 tsp of mediterranean herbs
1 tsp of chili flakes or granulated
Pinch salt
1 bay leaf
3.4 fl oz fish stock



Preparation

- Heat oil in a pan and sauté onions and garlic until golden.
- Add Seafood Medley to pan.
- Mix well, until mussels start opening.
- Add dry ingredients and stir fry (~5 minutes).
- Add tomatoes, tomato paste, and fish stock.
- Bring to boil.
- Simmer for 20 minutes.
- Serve with pasta or rice. Serves 2.
- Mangia!