HelloFresh

Everything
But The Chef

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Fishermen's Wharf Spaghetti Marinara

We hope you are blown away with this stunning, handpicked marinara mix from our suppliers Fishermen's Wharf Seafood. This selection includes fresh salmon, juicy scallops and tasty mussels that is sure to take your spaghetti marinara to the next level.

Prep: 10 mins
Cook: 25 mins
Total: 35 mins

level 1

seafood first

pantry items

Red Onion	Garlic	Long Chilli	Diced Tomatoes

Seafood Marinara	Zucchini	Spaghetti	Parsley

2P	4P	Ingredients	
1 tbs	2 tbs	olive oil *	
½	1	red onion, finely diced	
2	4	garlic cloves, peeled & crushed	⊕
1	2	long chilli, deseeded & finely chopped	⊕
1 tin	2 tins	diced tomatoes	
1	2	zucchini, grated	A ⊕
100 ml	200 ml	white wine *	
250 g	500 g	seafood marinara	
2 tbs	4 tbs	finely chopped parsley	⊕
200 g	400 g	spaghetti	

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	2730	Kj
Protein	36.1	g
Fat, total	14.3	g
-saturated	2.3	g
Carbohydrate	81.4	g
-sugars	9.5	g
Sodium	244	mg

Measuretool

0 cm   1 cm   2 cm

A

1 Heat the **olive oil** in a large frying pan over a medium-high heat. Add in the **red onion** and sauté for **5 minutes**, or until soft. Add the **garlic** and **chilli** and cook, stirring, for **1 minute** or until fragrant. Add the **diced tomatoes, zucchini** and the **white wine** and bring to a boil. Reduce the heat to medium and simmer for **10 minutes**. Add the **seafood marinara** and cook for **4-5 minutes** or until the seafood is cooked. Season with **salt** and **pepper**, stir through half of the **parsley** and remove from the heat.

1a

2 Meanwhile, bring a large pot of salted water to the boil. Add the **spaghetti** to the boiling water and cook for approximately **10 minutes** or until 'al dente', stirring regularly to ensure the pasta does not stick. Drain well.

3 To serve, divide the spaghetti and marinara sauce between bowls. Garnish with the remaining parsley.

1b

3

Did you know? Marinara is thought to have originated in the seaside city of Naples, Italy.