

Spaghetti with Seafood 海鲜意大利面



Ingredients:

350g Barilla #5 Spaghetti, 400g Mussels, 200g Clams, 200g Cherry Tomatoes, 10g Garlic Clove, 10g Parsley, 30g Extra Virgin Olive Oil, Salt, White Pepper.

Preparation:

1. Clean mussels and clams and set the fruits aside.
2. Brown the garlic, remove it from the pan and add the seafood.
3. Add the tomatoes cut in quarters and cook for three minutes, seasoning with salt and pepper.
4. Cook Barilla #5 Spaghetti in abundant salted water, and drain when "al dente".
5. Put all ingredients in a skillet and dress with chopped parsley.

Chef's Note:

If you prefer a stronger flavour, you can add some of the water from boiling the seafood after filtering.

配料:

百味来意大利面 350g, 贻贝 400g, 蛤蜊 200g, 小番茄 200g, 大蒜 10g, 欧芹 10g, 特级初榨橄榄油 30g, 盐, 白胡椒粉。

制作过程:

1. 将贻贝和蛤蜊洗净, 并将其放置一旁备用。
2. 将蒜片放入油锅中煸炒, 然后将其盛出(用蒜片只是为使海鲜更加入味), 将海鲜放入锅中。
3. 之后将番茄切成小块放入锅中, 加入适量食盐和白胡椒粉与海鲜一同慢炒三分钟左右。
4. 在盐水中煮百味来意大利面(根据个人口味来确定烹煮面的时间), 然后沥干水分装盘。
5. 将所有配料倒在面上装点在上面或者周围, 再用切碎的欧芹末点缀, 最后淋上橄榄油。

厨师小贴士:

如果将煮过海鲜的汤淋在面上, 味道会更鲜美。

