

INGREDIENTS

- 4 tbsp extra virgin olive oil
 - 2-3 cloves garlic (skin left on, smashed)
 - 12 whole raw prawns (peeled, shells and heads reserved)
 - 2 tbsp tomato paste
 - 300mls water
 - 350g linguini
 - Salt (to taste)
 - 60g squid rings or mussels
 - ½ tsp chilli flakes
 - 2 handfuls cherry tomatoes (halved or ½ tin cherry tom - juice drained)
 - A few grinds of black pepper
- TO SERVE
- Good handful of chopped parsley

INSTRUCTIONS

1. Heat 2 tbsp of the oil in a frying pan, add the garlic, and prawn heads and shells and fry over a high heat for 5 minutes, turning from time to time
2. Add the tomato paste and water. Simmer with the lid on for 10 minutes, then use a stick blender (or potato masher) to blitz the mixture a little to extract as much flavour as possible. Pass through a sieve and reserve
3. Cook the linguini in plenty of salted water for 10 minutes or until al dente, set aside
4. Wipe out the pan then add the remaining oil. When hot add the squid (if using) and prawns and cook over a high heat for 2 minutes
5. Add the strained prawn and tomato stock, chilli flakes and cherry tomatoes. Bring to the boil with the lid on and boil rapidly for 4 minutes or until the mussels have just opened (if using)
6. Remove the lid and if necessary, reduce to a saucy consistency, then season with ½ tsp salt and the pepper
7. Add the drained pasta along with the parsley and toss together. Serve immediately



Seafood Linguini



4 servings



40 minutes

Taught to Brett by the one and only Rick Stein, this is one of Brett's favourite dishes to cook! It's the perfect combination of light and healthy but also comforting and delicious - perfect for these colder autumn months.

This recipe is great for sharing with friends over a glass of white wine.