

SCHÄR

SPAGHETTI MARINARA

Ingredients: 400 g (14 oz) **Schär gluten-free Spaghetti**, 80 g (3 oz) baby squid, 80 g (3 oz) prawns, 80 g (3 oz) shelled mussels, 300 g (11 oz) peeled, chopped tomatoes, 1 clove garlic, 1 bunch chopped parsley, 2 tbsp. olive oil, salt and pepper to taste.

Preparation: Clean the squid thoroughly, peel the prawns and cut everything into small pieces. In a small pot, brown the garlic, peeled, chopped tomatoes and salt and pepper in olive oil; add the squid, prawns and mussels and cook for 20 minutes on a low heat. Meanwhile, cook the spaghetti, drain and combine with the sauce. Sprinkle generously with parsley.

Nutritional values/100g

protein 19,5 g fat 10 g carbohydrates 93,7 g Kcal 538 Kj 2275