

Spaghetti au Fruits de Mer

A classic French-style seafood spaghetti featuring a medley of fresh shellfish and a light, flavorful tomato and white wine sauce, perfect for a delicate yet hearty meal.



French

30 min

Total time

Medium

Difficulty

450

kcal / serving

Ingredients

- 100g spaghetti
- 50g shrimp, peeled and deveined
- 50g mussels, cleaned
- 50g squid rings
- 1 small garlic clove, minced
- 100g cherry tomatoes, halved
- 50ml dry white wine
- 1 tbsp olive oil
- Fresh parsley, chopped
- Salt and black pepper to taste
- A pinch of chili flakes (optional)
- 1 tbsp lemon juice

Steps

- 1 Cook spaghetti in salted boiling water according to package instructions until al dente. Drain and set aside.
- 2 Heat olive oil in a large skillet over medium heat. Add minced garlic and sauté until fragrant, about 1 minute.
- 3 Add shrimp, mussels, and squid rings to the skillet. Cook for 2 minutes.
- 4 Pour in white wine and bring to a simmer. Cover and cook for 3-4 minutes until mussels open and seafood is cooked through.
- 5 Add cherry tomatoes, chili flakes (if using), salt, and pepper. Cook for another 2 minutes until tomatoes soften.
- 6 Stir in lemon juice and chopped parsley.
- 7 Toss the cooked spaghetti into the seafood sauce, mixing well to combine.
- 8 Serve immediately, garnished with extra parsley if desired.