

# SEAFOOD PASTA with Spiced Paprika Oil

(4 portions)

## Ingredients:

- 1 lb. (454g) seafood medley
- 1 lb. (454g) linguini noodles
- 1/2 each of red/green/yellow bell peppers, sliced thinly
- 1 red onion, sliced
- 1 tsp ( 5ml) chili flakes
- 1 tsp (5ml) paprika
- 4 cloves garlic, sliced thinly
- 6 tbsp. (90ml) extra virgin olive oil
- 1/2 cup parsley leaves leaves from 1 bunch tarragon



## Cooking Instructions:

- Cook the linguini noodles in boiling salted water.
- Sauté peppers, onion and garlic over medium heat in 2 tbsp (30ml) of the olive oil, not allowing the vegetables to color.
- Add the seafood medley, chili flakes and paprika, heat the seafood through.
- Add the remaining olive oil and pasta, toss to coat
- Add the parsley and tarragon leaves, season with salt and pepper.



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