



Miele

Spaghetti marinara with tomato salad and pangrattato

By Miele

15 minutes

Preparation time

25 minutes

Cooking time

4

Serves

INGREDIENTS

Spaghetti

375 g thin spaghetti
60 ml (¼ cup) olive oil
2 garlic cloves, finely chopped
400 g seafood (we used calamari, firm white fish, prawns and scallops)
1 pinch dry chilli flakes
¼ cup roughly chopped parsley leaves
Salt flakes and pepper, to taste

Pangrattato

2 tbsp (40 ml) olive oil
60 g (¾ cup) panko breadcrumbs
1 tbsp finely chopped parsley leaves
1 small garlic clove, crushed
2 tbsp finely grated parmesan, optional
Salt flakes and pepper, to taste

Tomato and basil salad

400 g ripe tomatoes, sliced
Pinch white sugar
Salt flakes and pepper, to taste
1 tbsp (20 ml) aged balsamic vinegar
1 ½ tbsp (30 ml) extra virgin olive oil
½ cup basil leaves

METHOD

Spaghetti

1. Place a large saucepan of salted water on the cooktop. Bring to the boil using the Boost function; add the pasta to the water. Reduce the heat to high, induction setting 8, and cook the pasta, stirring occasionally, until al dente. Drain and reserve 1 cup of the cooking water.
2. Meanwhile, heat a large frying pan on medium heat, induction setting 6. Add the olive oil and garlic, cook for 1 minute, or until the garlic browns lightly.
3. Add the seafood and chilli flakes. Increase the heat to high, induction setting 8 and fry until the seafood is almost cooked.
4. Loosen the pasta with half of the reserved pasta water and add into the pan with the seafood; toss to combine.
5. Add the parsley and any extra reserved pasta water to loosen the dish, if required. Season to taste.

Pangrattato

1. Heat the oil in a frying pan on medium-high heat, induction setting 7. Add the breadcrumbs and cook, stirring, for 4 minutes, or until golden brown.
2. Cool slightly then stir through the parsley, garlic and parmesan, if using. Season to taste.

Tomato and basil salad

1. Combine the tomatoes with the sugar, salt and pepper. Set aside for 5 minutes then drain off excess water.
2. Combine the drained tomatoes, balsamic vinegar and olive oil in a large bowl. Gently toss the basil leaves through the salad just before serving.

To serve

1. Divide the pasta and seafood between warm serving plates, top with pangrattato and serve with the tomato salad.

Alternative appliance method

Steam Oven

- The seafood can be steamed at 85°C for 10 minutes before combining with the pasta.

Hints and tips

- Some pasta can be cooked in the steam oven; however, we find that thin long pasta is best cooked in a saucepan on a cooktop.
- Make your own seafood mix by reserving any excess seafood in the freezer. Make this dish when you have enough seafood.

