

## View from the Fridge – Recipes from Brian Donkin

### Recipe # 57 – Seafood Tagliatelle

**Preparation time: 10 min – Cooking time: 10 mins**

#### Ingredients

100gms of scallops, cut in quarters  
100gms of raw peeled tiger prawns  
200gms of fresh mussels  
1 wine glass of tomato concasse (see Sauces and Side Dishes)  
1 level teaspoon of chopped parsley  
½ glass of olive oil  
300gms fresh tagliatelle  
salt and pepper

#### Method

1. Fry mussels in covered pot with a little olive oil for 3 minutes over a hot heat. Remove from heat and leave to the side. Once they have cooled, remove them from their shells.
2. Fry the scallops and prawns in a little oil over a hot heat for 1 minute. Remove from heat and add the mussels (shells removed).
3. Put tagliatelle in a large pot of boiling, salted water with a touch of oil. Bring to the boil and cook for 2 minutes. Remove from heat, add a cup of cold water, strain.
4. Put pot back on stove with the rest of the olive oil over a hot heat. Add the tagliatelle, the seafood, the tomato concasse, chopped parsley and salt and pepper. Mix together with a wooden spoon over a hot heat for 1 minute.
5. Serve immediately.

*Serves 3*