



Nathan Outlaw's Fishghetti

Prep: 20 minutes • Cook: 10 minutes • Serves: 4



Ingredients

150g king prawns, raw and peeled (approximately 12)
100g scallops (approx. 4)
100g of cod or ling
150ml of tomato juice
200ml low-fat fish stock
1 garlic clove
20 cherry tomatoes
350g of spaghetti
75ml of rapeseed oil
10g basil
40g spinach
10g parsley
Black pepper

Nutritional info

Low phosphate ✓
Low potassium ✓
Carbohydrate **70.3g**
Low protein ✗
Low salt ✗
Cost per portion (August 2022) **£4.36**
Energy in kcals **550**

- 1** Slice the fish and scallops into similar sized pieces. This will ensure that it will cook evenly, so that all the seafood is a similar size, so that it will cook evenly. Peel and finely chop the garlic and roughly chop the basil and parsley.
- 2** Make up the fish stock and add to a pan, along with the tomato juice. Bring to a simmer over a medium heat and cook until the liquid has reduced by half, about 10 mins. Halve the cherry tomatoes.
- 3** Add the spaghetti to a pan of boiling water and cook according to the instructions while you prepare the sauce. Stir occasionally until just cooked, then drain immediately.
- 4** In a large frying pan, heat the oil gently and add the garlic. Once the garlic begins to colour, add the prawns, scallops and fish. Fry gently for 3-4 mins.
- 5** Pour the fish stock and tomato reduction into the seafood. Then, add the cherry tomatoes, parsley, basil and spinach. Simmer for 2 mins and then take off the heat.
- 6** Once the spaghetti is cooked, put the sauce back on a low heat. Add the spaghetti to the pan, toss it well to combine and then season with black pepper. Serve immediately.