



# Spaghetti with Seafood

**Mediterranean Pasta: Spaghetti with Seafood, Cherry Tomatoes, and Fried Arugula**

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🔪🔪🔪 Easy   🍽️ 4 Servings   ⌚ 45 min.

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Spaghetti is a versatile staple of Italian cuisine—the Italian all-rounder—spaghetti—in a delicious variation with seafood, cherry tomatoes, and fried arugula. The fried arugula isn't just eye-catching; it also adds rich, nutty flavors to the dish. If you use ready-to-cook seafood, preparation is very simple and doesn't take long.

## Ingredients

1 can of ORO di Parma  
unpeeled cherry tomatoes  
(400 g each)  
2 tbsp ORO di Parma  
tomato paste, triple-  
concentrated  
400 g spaghetti  
400 g seafood, ready-to-  
cook, frozen or fresh  
1 onion  
2 garlic cloves  
250 ml dry white wine  
1 bunch of parsley  
6 tbsp extra virgin olive oil  
Parmesan, 1 pinch of chili  
powder, salt, and freshly  
ground pepper  
a little arugula for frying  
and garnishing

## Step 1: The Preparation

First, prepare the tomato sauce. To do this, start by peeling the onions and garlic and finely chopping both. Heat olive oil in a pan, add the onions and garlic along with the chili powder, and sauté everything briefly. Then deglaze with white wine and let it simmer for another 2 minutes. Meanwhile, place the seafood in a separate pan and sauté it for one minute. Then add the onion-wine mixture, the ORO di Parma cherry tomatoes, and the ORO di Parma tomato paste. Once everything is well mixed, let the mixture simmer for about 10 minutes with the lid on, then season to taste with parsley, salt, and pepper.

## Step 2: The Spaghetti

Bring a large pot of salted water to a boil and cook the spaghetti al dente (firm to the bite)—or softer, if you prefer.

## Step 3: The Finale

For the finishing touch, heat a little olive oil in a pan and sauté the arugula in it. Toss the pasta with the tomato sauce, grate the Parmesan, and sprinkle it over your spaghetti con frutti di mare. Garnish with the sautéed arugula and enjoy. Buon appetito!

## Used products:



You can find this and more delicious recipe ideas at:  
[www.rodiparma.de/en/italian-recipes](http://www.rodiparma.de/en/italian-recipes)