



INGREDIENTS

1/2 packet of pasta
 2 TBSP of olive oil
 ½ cup of diced brown onion
 ½ cup of diced capsicum
 1 minced garlic cloves
 2 squid
 6 shrimps
 1 salmon fillet
 1 cup of white wine
 3 cups of passata
 2 cups of fish stock



FISH STEW WITH PASTA

By Caterina Romano's kitchen

DIRECTIONS

1. Fill a pot with salted water and bring to a boil. Add the pasta and cook for 2 minutes less than the directions on the package.
2. Heat a large frying pan over low-medium heat. Heat the olive oil, add the onion, capsicum and sauté for 3-4 minutes.
3. Add the garlic and sauté for less than 1 minute.
4. Add the squid, shrimps and salmon. Cook for a few minutes. Add the wine and continue cooking until it reduces to half.
5. Remove the fish and set it aside.
6. Add the passata and fish stock. Bring to a boil. Reduce the heat to low and simmer for 45 minutes.
7. After 30 minutes, return the squid to the sauce and cook for 15 minutes.
8. Cut the salmon into small portions. Return to the sauce and cook for 10 minutes.
9. Deshell and clean the shrimps. Cut into small pieces and add to the sauce. Cook for a few minutes.
10. Remove the squid from the sauce. Cut it into bite size rings. Return to the sauce.
11. Transfer the pasta along with some pasta water to the sauce and toss everything together.
12. Season to taste with kosher salt and pepper.
13. Serve with crusty bread

ENJOY THE FISH STEW WITH PASTA