



Fish stew

Ingredients:

8 oz. calamarata pasta

3 oz extra virgin olive oil

4 cloves garlic, crushed

8 oz Manila mussels

8 oz clams

8 oz bay scallops

10 oz cod fillet, cut into quarters and seasoned with salt and pepper

12 medium shrimp

16 oz crushed tomatoes

pinch of oregano

salt and pepper to taste

5 mint leaves, torn.

Directions:

Cook pasta according to directions on package. In a large pan, heat oil with garlic. Add mussels and clams. Cook 2-3 minutes until slightly open.

Add remaining fish, and tomatoes. Cover and cook for 5-8 minutes. (Discard any shellfish that doesn't open).

Add pasta. Salt and pepper to taste.

Serve with mint sprinkled on top.

