

# SEAFOOD MEDLEY

BLEND OF COOKED BABY CLAM MEAT, COOKED MUSSEL MEAT, BLANCHED PACIFIC WHITE SHRIMP AND BLANCHED LOLIGO CALAMARI RINGS AND TENTACLES



ITEM #85162 - PACK SIZE - 2.5 LB BAG | \$30.00 BAG  
Excellent for Seafood Salads, Chowders, Pasta and Rice Dishes

## CHEF SUGGESTED RECIPE: SEAFOOD LINGUINE

- SEAFOOD MEDLEY — 250G — (BLANCHED AND COOLED AS PER PACKAGING INSTRUCTIONS)
- LINGUINE PASTA — 250G (1/2 BAG) — BOILED AND DRAINED
- CREMINI MUSHROOMS — SLICED 8OZ
- VIDALIA/SWEET ONION — 1PC SMALL - SLICED
- ZUCCHINI — 1PC SMALL — SPLIT LENGTHWISE AND CUT INTO 1/4" THICK HALF CIRCLES
- ROMA TOMATO — 1 PC — SEEDED AND SMALL DICED
- ITALIAN PARSLEY — 1 TBS CHOPPED
- GARLIC — CHOPPED - 1 CLOVE
- WHITE WINE — 50ML (SAUVIGNON BLANC OR PINOT GRIGIO)
- LEMON JUICE — FRESH — 1TBS
- UNSALTED BUTTER — 2 TBS
- EXTRA VIRGIN OLIVE OIL - 2 TBS
- PASTA WATER — RETAINED FROM COOKED PASTA — 250ML
- SALT & PEPPER — TO TASTE



Seafood Medley and pasta should both be cooked prior to preparing this dish. Heat a large non-stick fry pan on high. Add Olive oil, mushrooms and half the butter and sauté until browned. Season lightly with Salt & Pepper. Add Onions, zucchini and garlic and continue to sauté another 2-3 minutes. Deglaze pan with white wine and simmer to reduce slightly. Add about 1/2 the retained pasta water and seafood medley to the pan and toss lightly. Incorporate the cooked pasta and remaining butter. Season with lemon juice, Salt & Pepper to taste. Adjust consistency of sauce with addition butter or pasta water as needed. Finish with final toss with diced tomato and Parsley. Serve in a pasta bowl with crusty bread and remaining white wine. Enjoy!



**macgregors**  
meat & seafood ltd.