

Spaghetti in a foil parcel *(Pasta & rice main dishes)*



Preparation

In a dash of oil, sauté the squid rings, then add mussels and king prawns, then cook quickly. Add two or three spoons of tomato passata, basil, salt and sugar. Place your pasta in a saucepan with boiling water and cook until al dente. Season your spaghetti with the fish sauce. Arrange them into an aluminium foil over a baking tray, add a drizzle of oil and cook for 10-15 minutes.

Tips

The ideal foil for a parcel is an aluminium one, as it's easy to fold and seal it. You can also use an oven paper foil, that must be wet, so as to prevent browning. If you use an oven paper foil, you can seal helping yourself with some egg white.

Trivia

In order to obtain a perfect dish when cooking it in a parcel, you need a little of foresight: don't put cold foods into the parcel, and don't arrange it straight on the grill.

Information

Preparation 20 minutes

Total Time 20 minutes

Serves X Serves 2 persons

Level of difficulty Easy

la terra di Puglia



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Ingredients

Spaghetti 200 grams

Tomato passata 400 millilitres

Garlic 1 clove

Basil

King prawns 200 grams

Squid 100 grams

Mussels 200 grams

Oil

Salt