

Corn Pasta Spirals And Seafood

The combination of Corn pasta and medley of seafood creates the most exquisite flavours as well as being visually appealing.

Serve with fresh cooked asparagus spears, small grilled salmon and capers or grilled fish fillets.

Ingredients:

250g *ORGRAN* Corn pasta spirals
1 teaspoon *ORGRAN* all-purpose gluten free flour
30g thinly sliced red onion
1 clove garlic crushed
30mL olive oil
350 mL milk
1 tablespoon chopped fresh parsley
40g chopped green bell pepper
40g red bell pepper, chopped
20g broccolini florets
30g thinly sliced carrots
40g sliced fresh mushrooms
150g shrimp
200g scallops
salt to taste
ground black pepper



Method:

1. Bring a large pot of salted water to the boil then add Orgran Corn Spiral pasta and cook for 8-10 min until al dente; Rinse under warm running water to stop further cooking, drain and set aside, (best to cook pasta & sauce simultaneously to avoid pasta going cold.)
2. Meanwhile, in a frying pan sauté the red onion and garlic in olive oil. When onion is translucent, add the milk. Cook until bubbles form around the edges of the pan. Add the parsley, chopped green and red bell pepper, broccolini, carrots, mushrooms, shrimp and scallops and stir thoroughly.
3. Remove 1/2 cup of milk from the mixture and place in a small bowl with the flour. Stir until smooth. Add back to the pan with seafood and vegetables. Allow mixture to thicken. Season with salt and pepper to taste.
4. Pour seafood sauce over cooked Corn Pasta Spirals

Serving suggestions:

- Accompany with white wine or sparkling
- A squeeze of lemon over the dish