



Seafood Linguine

Jacob · 30/09/2024



Prep Time

N/A

Difficult

Medium

Servings

N/A

Description

Quick and easy pasta meal with a seafood sauce Add a salad and bread and you have a hearty healthy meal

Ingredients

- - 1 (16 ounce) package linguine pasta - ½ cup thinly sliced red onion - 3 teaspoons garlic powder - ¼ cup olive oil - 3 cups milk - 2 teaspoons chopped fresh parsley - ½ cup chopped green bell pepper - ½ cup red bell pepper
- chopped - ½ cup broccoli florets - ½ cup thinly sliced carrots - 1 cup sliced fresh mushrooms - 1 cup canned shrimp - 1 cup crab meat
- drained - 1 pound scallops - 2 tablespoons all-purpose flour - salt to taste - ground black pepper to taste

Instructions

1. Bring a large pot of lightly salted water to a boil. Add linguini pasta
2. and cook for 6 to 8 minutes
3. or until al dente. Drain. Meanwhile
4. in an electric frying pan
5. or large skillet saute the red onion and garlic in olive oil. When onion is translucent
6. add the milk. Cook until bubbles form around the edges of the pan. Add the parsley
7. chopped green and red bell pepper
8. broccoli
9. carrots
10. mushrooms
11. shrimp
12. crab
13. and scallops and stir until well incorporated. Remove 1/2 cup of milk from the mixture and place in a small bowl with the flour. Stir until smooth. Add back to skillet with seafood and vegetables. Allow mixture to thicken. Season with salt and pepper to taste. Pour seafood sauce over drained and cooked linguini noodles. Serve warm.