

SPAGHETTI AGLIO OLIO E PEPERONCINO WITH AQUNA MURRAY COD



Life tastes better our way



AQUNA
Sustainable Murray Cod



INGREDIENTS

200g of Aquana' Murray Cod
(filleted, pin boned, skinned and
cut into 1cm pieces)
400g Spaghetti (best quality you
can buy, look for bronze extruded
artisan pasta)
3 cloves garlic
3 small red chilli (birds eye)
1 sprig of continental parsley
100g good quality olive oil
Salt to taste

PREP: 10 MINUTES

COOK: 15 MINUTES

DIFFICULTY: EASY TO MEDIUM

SERVES: 4 PEOPLE

METHOD

1. Bring 5L of water to the boil in a large saucepan, season with salt to your taste.
2. Peel garlic, cut in half and remove the small germ that sits in the middle of the garlic clove (this has bitter characteristics).
3. Slice the remaining garlic into thin slices.
4. Thinly slice the chilli. Leave the seeds if you like spice!
5. Thinly slice the parsley.
6. Add pasta to the boiling water and cook as per packet instructions.
7. In a large pan, add half the olive oil, all the chilli and garlic.
8. Cook over low heat until garlic softens and the chill becomes fragrant. Do not allow garlic to burn.
9. Once the garlic has softened add 50ml of hot pasta water to the pan (this needs to be near the end of the cooking of the pasta – timing is everything!) The starchy pasta water will help create a smooth sauce.
10. Add chopped fish to the sauce.
11. Add the cooked pasta (al-dente) to the pan and toss thoroughly to create the sauce.
12. You should continue to cook over medium heat for at least one minute with the pasta in the sauce. Note: it should begin a little runny and thicken as the pasta thickens and soaks up the sauce.
13. Add remaining olive oil and chopped parsley, stir thoughtfully and check for seasoning.



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RECIPE #22



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