

Budget winner
\$3.25
a serve



Spaghetti Marinara

+ Look for seafood marinara mix at the fish counter or in the freezer section. If using frozen, thaw in the fridge overnight; pat dry on paper towels. + You can use any flavour of pasta sauce.

Serves 4 Preparation: 5 minutes Cooking: 15 minutes

375g wholemeal spaghetti
450g fresh or frozen seafood marinara mix
Olive oil cooking spray
690g bottle garlic & onion tomato pasta sauce
1/3 cup flat-leaf parsley leaves
Sliced lemon, to serve

- 1** Cook pasta in a large saucepan of boiling salted water for 12 minutes or until tender. Drain; return pasta to pan.
- 2** Meanwhile, heat a large frying pan over moderate heat. Lightly spray marinara mix with oil. Cook and stir for 1 minute. Transfer to a colander.
- 3** Add sauce to pan and bring to the boil. Add marinara mix; simmer, stirring, for 3 minutes or until seafood is tender. Remove from heat; stir in parsley. Season with salt and pepper.
- 4** Stir marinara mixture into hot pasta. Serve with lemon.