

*East West Bake Cooking Show*

## BAKED SEAFOOD SPAGHETTI

*Chef Brian Mellor*



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### Episode 2 – Baked Seafood Spaghetti

by Chef Brian Mellor

Serves 2

*Ingredients*

150 G Pasta spaghetti

200 G Fish Pie Mix

100g black mussels

8 king prawns

1 calamari tube, scored

2 Ea Onion shallot

750 Ml Stock chicken, weak

1 Blb Fennel

200 Ml Cream - double

2 Tbsp Herb chives

1 Ea Seasoning (salt & pepper)

Cook the spaghetti as normal in plenty of boiling salted water, drain in a colander & refresh in cold water. Drain well & reserve.

Make sure the fish is free of skin & bone then cut into 2-3cm pieces

Finely slice the shallots and fennel into small pieces

Place the cream & stock into an ovenproof dish, add the vegetables then place in the oven around 200/250C and allow to boil for a few minutes. Add the seafood & spaghetti, season and poach for a few minutes more.

Remove from the oven and stir through the chives and serve.

Follow @ChefNormanMusa on his social media

