

Tagliatelle with fish and spiced tomato sauce



Any fish or combination of fish and seafood can be used in this dish - cod, haddock, pollock, monkfish, seabass, prawns etc. Omit the wine if you are serving it for children and substitute with chicken or vegetable stock.

Serves 4 | **Prep** 15 minutes | **Cook** 35 minutes

Ingredients

2 tablespoons rapeseed oil
1 onion, peeled and chopped
2 cloves garlic
1 x 400g tin whole tomatoes
1 tablespoon tomato purée
½ teaspoon dry chilli flakes
1 teaspoon paprika
1 bay leaf
150ml Welsh white wine^{A*} (optional)
Halen Môn* sea salt
300g white fish, skinned and cut into chunks
500g dried tagliatelle
1 tablespoon chopped parsley to garnish

Method

- 01** Heat the oil in a medium size saucepan over moderate heat and cook the onions for 5-10 minutes until soft.
- 02** Peel and crush the garlic and add to the onions, cooking for a further few minutes. Pour in the tinned tomatoes and the wine and stir well and add the tomato purée. Season with salt and pepper and stir in the chilli, paprika and bay leaf.
- 03** Leave to simmer until the sauce has reduced and thickened (about 15 minutes) and then carefully add the fish to poach in the sauce for 5-8 minutes until cooked.
- 04** Meanwhile cook the pasta in plenty of boiling salted water until al dente, strain the water and serve the pasta with the sauce.

