



THERE'S PLENTY OF FISH IN OUR SEA!

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Name: Lena Vandam

Recipe Title: Scampi van José

Recipe Ingredients:

For 4+/- People:

1 kg (2.20 pounds) of scampi's (big)

- 1 onion
- 4 cloves of garlic
- little can of tomato paste
- 20 cl of cream
- chickenbroth (10 cl)
- cayenne pepper (little)
- olive oil
- linguine pasta

Recipe Instructions

1. Deshell and clean scampi (incision in back, remove bowel)
2. Peel onion and cut into little pieces
3. Peel garlic and cut into little pieces and flatten with blade of knife
4. Put olive oil in pan and fry scampi on both sides until they're white (not too long)
then, put them aside on a separate plate
5. New oil in pan and boil the onion on low fire
6. Add the flattened garlic
7. Add broth and tomato paste

8. Let it cook
9. Add cream
10. Taste and add cayenne pepper if needed
11. Add scampi and warm up
12. Boil spaghetti
13. Bon appetit (let's eat)