



THERE'S PLENTY OF FISH IN OUR SEA!

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Name: Nicolas Gisondi

Recipe Title: Seafood Arrabbiata

Recipe Ingredients:

- 8oz uncooked linguine
- 2 tablespoons extra-virgin olive oil, divided
- 6oz bay scallops
- ½ cup chopped onion
- ¼ to ½ teaspoon crushed red pepper
- 3 garlic cloves, minced
- 2 tablespoons tomato paste
- 1 (14.5oz) can petite-cut diced tomatoes, drained
- ½ cup clam juice
- 12 littleneck clams
- 12 mussels, scrubbed and debearded
- 2 tablespoons chopped fresh parsley
- 1 tablespoon thinly sliced fresh basil

Recipe Instructions

1. Cook pasta according to package directions, omitting salt and fat; drain.
2. While pasta cooks, heat 1 tablespoon oil in a large nonstick skillet over medium-high heat.

3. Add scallops and shrimp to pan; cook 3 minutes.
4. Remove scallop mixture from pan; keep warm.
5. Heat remaining 1 tablespoon oil in pan over medium-high heat. Add onion, red pepper, and garlic; cook 2 minutes.
6. Add tomato paste and tomatoes; bring to a boil, and cook 2 minutes.
7. Add clam juice; cook 1 minute.
8. Add clams; cover, reduce heat to medium, and cook 4 minutes.
9. Add mussels; cover and cook 3 minutes or until clams and mussels open.
10. Discard any unopened shells.
11. Stir in scallop mixture and parsley; cook 1 minute or until thoroughly heated.
12. Serve over pasta. Sprinkle with basil.