

Breco Seafood Braai Competition

Cape Coastal Seafood Potjie Pasta

By Letitia Freeman



Seafood: 500g mixed seafood (Calamari cubes, De-shelled mussel meat, fish chunks, crab meat)

Serves: 8

Preparation time: 20 minutes

Cooking time: 30 minutes

The story

Growing up in Cape Town, seafood has always been something my family enjoys. Living close to the beautiful coast has made seafood a special part of our family meals. I created this Seafood Pasta Potjie to bring together our love of seafood with the warmth of traditional South African potjie cooking. It's a creamy, hearty dish made for sharing, filled with flavour and family love. For us, food is more than a meal it's about bringing everyone together around the table.

Ingredients

1kg pasta

800g Breco mixed seafood (squid strips, rings, tentacles, mussel meat, octopus, and crab-flavored surimi cuts)

1 onion, chopped

2 garlic cloves

1 green pepper

250ml fresh cream

1 cup stock

2 tbsp tomato paste

1 tsp paprika

Mixed herbs, salt

Lemon pepper

1 cup grated cheese

Fresh parsley

Method

Fry the onion, garlic and green pepper in the potjie.

Add tomato paste, stock, paprika, lemon pepper and herbs.

Add salt.

Simmer, then add the pasta and cook until nearly tender.

Add the seafood mix and cream and cook for 25-30 minutes.

Stir in the cheese, garnish with parsley and serve.