CAPE COASTAL SEAFOOD POTJIE PASTA

Serves 8 | Prep time: 20 min | Cook time: 45 min



Letitia's family loves seafood and a good potjie, so she put them together in one creamy, cheesy pot made for sharing.

RECIPE BY LETITIA FREEMAN, CAPE TOWN

INGREDIENTS:

- [ ] Oil, for frying
- [ ] 1 onion, chopped
- [ ] 2 garlic cloves, crushed
- [ ] 1 green pepper, chopped
- [ ] 30ml (2 tbsp) tomato paste
- [ ] 250ml (1 cup) stock
- [ ] 5ml (1 tsp) paprika
- [ ] Lemon pepper, mixed herbs and salt, to taste
- [ ] 1kg pasta
- [ ] 800g Breco Seafood Mix
- [ ] 250ml fresh cream
- [ ] 250ml (1 cup) grated cheese
- [ ] Fresh parsley, to garnish

METHOD:

01. Heat a little oil in the potjie and fry the onion, garlic and green pepper until soft.
02. Add the tomato paste, stock, paprika, lemon pepper and herbs. Season with salt and bring to a simmer.
03. Add the pasta and cook until nearly tender, adding water if needed.
04. Add the seafood mix and cream and cook gently until the seafood is cooked through and the pasta is tender.
05. Stir in the cheese, garnish with parsley and serve.