

# Seafood Fra Diavolo

Authentic Seafood Fra Diavolo recipe with mixed seafood in spicy tomato sauce. Classic Italian-American dish with shrimp, mussels, scallops over pasta.

20	30	50	6	Medium
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Seafood Fra Diavolo

## Ingredients

- 2 tbsp olive oil
- 4 clove garlic
- 1 cup white wine
- 28 oz tomato
- 1 lb pasta
- 1 tsp oregano
- 1 tsp salt
- 1 tsp black pepper
- 1 tsp paprika

## Instructions

- 1 Prepare the seafood**

Clean 1 pound of mixed seafood by peeling and deveining shrimp, scrubbing mussels and removing beards, patting scallops dry, and slicing calamari into rings. Discard any mussels that don't close when tapped.
- 2 Cook the pasta**

Bring a large pot of heavily salted water to a rolling boil over high heat. Add 28 ounces of pasta and cook according to package directions until al dente, stirring occasionally.
- 3** Reserve 1 cup of pasta cooking water, then drain the pasta and set aside.
- 4 Start the sauce**

Heat 2 tablespoons of olive oil in a large skillet or wide saucepan over medium heat until shimmering, about 1 minute.
- 5** Add 4 cloves of minced garlic and 1 teaspoon of red pepper flakes to the hot oil. Cook for 30-60 seconds until fragrant but not browned, stirring constantly.
- 6** Pour in 1 cup of white wine to deglaze the pan, scraping up any browned bits with a wooden spoon. Let the wine simmer for 2-3 minutes until reduced by half.
- 7 Build the tomato base**

Add the crushed tomatoes, 1 teaspoon of oregano, 1 teaspoon of salt, and 1 teaspoon of black pepper. Stir to combine and bring to a gentle

simmer.

8 Simmer the sauce for 10 minutes, stirring occasionally, until it thickens slightly and the flavors meld together.

9 **Cook the seafood**

Add mussels to the sauce first, cover and cook for 2-3 minutes until they begin to open.

10 Add scallops and shrimp to the sauce and cook uncovered for 3-4 minutes until shrimp turn pink and curl, and scallops are opaque throughout.

11 Add calamari rings and cook for 1-2 minutes until they turn opaque and tender. Remove and discard any mussels that haven't opened.

12 **Finish and serve**

Add the drained pasta to the skillet and toss to combine with the sauce and seafood. Add reserved pasta water 2-3 tablespoons at a time as needed to achieve a silky consistency that coats the pasta.

## Tips

Use the freshest seafood possible for optimal flavor and texture. If buying frozen, ensure it's properly thawed and patted completely dry before cooking.

Don't overcook the seafood - mussels should just open, shrimp should be pink and opaque, and calamari should be tender. Overcooked seafood becomes rubbery and tough.

Adjust the red pepper flakes gradually. Start with less than the recipe calls for, taste, and add more if needed. You can always increase the heat, but you can't take it away.

Save some pasta cooking water before draining - its starch content helps create a silky sauce that clings beautifully to the pasta and seafood.

Cook the garlic carefully to avoid burning, which creates bitter flavors. It should be fragrant and golden, not brown or black.

Use a dry white wine you'd enjoy drinking. The wine's flavor concentrates during cooking, so avoid anything you wouldn't want to taste in the final dish.

Have all ingredients prepped and ready before you start cooking. The actual cooking process moves quickly, and you don't want to overcook delicate seafood while chopping vegetables.

Serve immediately while the seafood is at its peak texture and the sauce is hot. This dish doesn't hold well and is best enjoyed right from the pan.