

## **CALAMARI RAGOUT WITH MUSSELS AND SHRIMP**

- 2 Tbsp olive oil
- 4 cloves Garlic, minced
- 1 bunch Scallions, finely chopped
- 4 medium Tomatoes, peeled, seeded and chopped
- 2 Tbsp Tomato paste
- 3/4 cup Dry red wine
- Zest of 1 lemon
- 1 Tbsp Fresh thyme or 1 tsp dried thyme
- Salt
- Freshly ground black pepper
- 2 Tbsp Chopped flat leaf parsley
- 1 pound Mussels
- 1/2 pound Shrimp, shelled and deveined, 16 to 20 size
- 1 pound Fisherman's Pride® Calamari Tubes, cleaned and cut in 1 1/4-inch squares

1. Heat the olive oil in a medium saucepan over high heat until hot. Add the garlic and half the chopped scallions. Lower the heat and cook until golden.
2. Add the tomatoes, tomato paste, red wine, lemon zest, thyme, salt and pepper.
3. Cook over medium heat for about 10 minutes, stirring occasionally.
4. Add mussels to the tomato sauce and continue to cook until you see them open, about 3 minutes. Add the shrimp and calamari to the tomato sauce and cook for 2 minutes only or until they are opaque all the way through.
5. Serve the ragout (stew) with hot crusty bread or as a sauce for pasta. Sprinkle with the rest of the chopped scallions and parsley.

### **ADDITIONAL INFORMATION**

**Ingredients**

[1 bunch Scallions, finely chopped](#), [1 pound Fisherman's Pride® Calamari Tubes, cleaned and cut in 1 1/4-inch squares](#), [1 pound Mussels](#), [1 Tbsp Fresh thyme or 1 tsp dried thyme](#), [1/2 pound Shrimp, shelled and deveined, 16 to 20 size](#), [2 Tbsp Chopped flat leaf parsley](#), [2 Tbsp Olive oil](#), [2 Tbsp Tomato paste](#), [3/4 cup Dry red wine](#), [4 cloves Garlic, minced](#), [4 medium Tomatoes, peeled, seeded and chopped](#), [Freshly ground black pepper](#), [Salt](#), [Zest of 1 lemon](#)

**Course**

[Dinner](#), [Entrees](#)

**Cuisine**

[American](#), [Italian](#)

**Category**

[Seafood](#)

**Serving Size**

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