

Chilli calamari linguine

- **Egg-free**
- **Lactose-free**
- **Peanut-free**
- **Nut-free**
- **Sesame-free**
- **Soy-free**
- **No added sugar**
- **2 serve Veg or Fruit**

Perfect for weeknights, this moreish calamari pasta is on the table in less than 30 minutes.

- Serves 4
- Cooktime 10 mins 10 minutes
- Preptime 15 mins

Ingredients

- 350g linguine
- 2 tbs olive oil
- 1 red onion, finely chopped
- 4 garlic cloves, crushed
- 2 long red chillies, seeded, thinly sliced
- 500g pkt Coles Squid Rings, thawed
- 500g tomatoes, finely chopped
- Flat-leaf parsley leaves, to serve
- Lemon wedges, to serve

Nutritional information

Per serve: Energy: 2185kJ/523 Cals (25%), Protein: 34g (68%), Fat: 12g (17%), Sat Fat: 2g (8%), Sodium: 368mg (18%), Carb: 66g (21%), Sugar: 5g (6%), Dietary Fibre: 6g (20%). Check ingredient labels to make sure they meet your specific dietary requirements and always consult a health professional before changing your diet. View dietary information [here](#).

Percentage Daily Intake information on our recipes is calculated using the nutrition reference values for an average Australian adult.

Method

1. Step 1

Cook the pasta in a large saucepan of boiling water following packet directions or until al dente. Drain well.

2. Step 2

Meanwhile, heat oil in a frying pan over medium heat. Add the onion, garlic and chilli and cook, stirring, for 30 secs or until aromatic. Add the squid and tomato and cook, stirring, for 3 mins or until squid is tender and cooked through. Add the pasta and toss to combine.

3. Step 3

Sprinkle pasta mixture with parsley. Serve with lemon wedges.