



Fra Diavolo Sauce With Pasta

This spicy diavolo sauce with shrimp and scallops is best served with linguine pasta.

Submitted by **MARBALET** |

Prep Time: 15 mins

Cook Time: 35 mins

Total Time: 50 mins

Servings: 8

Ingredients

- 4 tablespoons olive oil, divided
- 6 cloves garlic, crushed
- 3 cups whole peeled tomatoes with liquid, chopped
- 1 ½ teaspoons salt
- 1 teaspoon crushed red pepper flakes
- 1 (16 ounce) package linguine pasta
- 8 ounces small shrimp, peeled and deveined
- 8 ounces bay scallops
- 1 tablespoon chopped fresh parsley

Directions

Step 1

Heat 2 tablespoons of olive oil and garlic in a large saucepan over medium heat. When garlic starts to sizzle, pour in tomatoes and season with salt and red pepper flakes. Bring to a boil, then simmer over low heat, stirring occasionally, for 30 minutes.

Step 2

Meanwhile, bring a large pot of lightly salted water to a boil. Cook pasta for 8 to 10 minutes, or until al dente; drain.

Step 3

Heat remaining 2 tablespoons of olive oil in a large skillet over high heat; add shrimp and scallops. Cook, stirring frequently, until the shrimp turn pink, about 2 minutes. Add shrimp and scallops to tomato mixture and stir in parsley. Cook until sauce just begins to bubble, about 3 to 4 minutes. Serve sauce over pasta.

Nutrition Facts

Per serving: 335 calories; total fat 9g; saturated fat 1g; cholesterol 52mg; sodium 655mg; total carbohydrate 46g; dietary fiber 3g; total sugars 4g; protein 19g; vitamin c 11mg; calcium 66mg; iron 3mg; potassium 435mg