



www.cport.net

# MARINARA MIX®

Perfect for seafood soups, paella, ceviche and stir-fry!



Perfect for seafood soups and pasta, paella, ceviche and stir-fry!



- Individually Quick Frozen-IQF
- Retail ready polybag packaging
- Product of Thailand



Product Presentation	Seafood Mix
Contains	Mussels, Shrimp, Baby Octopus, Surimi, Squid & Cuttlefish
Pack	20/1 LB IQF

For full package details, visit our website.

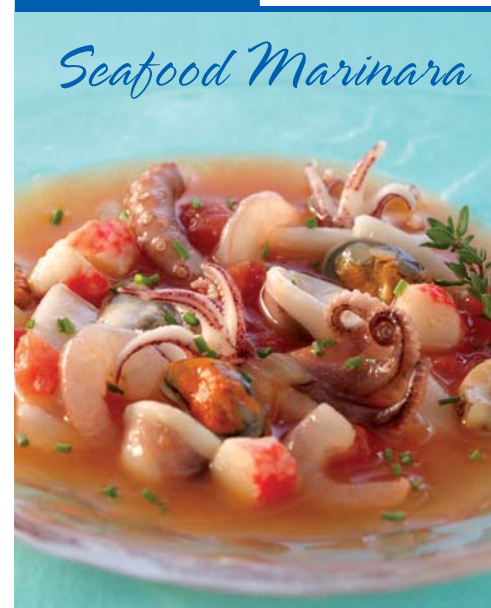
Sea Port's Marinara Mix combines the fruits of the sea: squid, mussels, cuttlefish, octopus, shrimp and bite-sized surimi. Processed in Thailand by select packers expressly for Sea Port, our Marinara Mix offers ultimate convenience for chefs and home cooks looking for a variety mix of ready-to-use seafood in one convenient bag.

For Health & Nutrition benefits go to: [www.cport.net](http://www.cport.net)

<b>SEASONALITY</b> <input type="checkbox"/> Low <input checked="" type="checkbox"/> High Jan Feb Mar April May June July Aug Sept Oct Nov Dec	<b>FLAVOR</b> Mild <input type="checkbox"/> Medium <input checked="" type="checkbox"/> Strong <input type="checkbox"/> Sweet	<b>TEXTURE</b> Soft <input type="checkbox"/> Medium <input type="checkbox"/> Firm <input checked="" type="checkbox"/> Meaty
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For more detailed seasonality, visit our website

### RECIPE SUGGESTION



### Seafood Marinara

#### INGREDIENTS:

- 1 lb SEA PORT Marinara Mix
- 1 tablespoon olive oil
- 1/2 onion, finely chopped
- 2 cloves garlic, finely chopped
- 1/2 cup white wine
- 3 cups good quality tomato sauce
- 1/4 teaspoon red pepper flakes
- 1/4 cup chopped parsley
- 12 ounces Angel hair pasta or linguini, cooked and drained

#### DIRECTIONS:

Defrost Marinara Mix, rinse and set aside. In a large skillet heat oil over medium high heat. Stir in onion and cook for 2 minutes. Add garlic and cook for 30 seconds. Add white wine and simmer for 2 minutes. Stir in tomato sauce and red pepper flakes. Bring sauce to a simmer and stir in Marinara Mix. Cook for 3 minutes. Stir in parsley and toss with pasta. Serve immediately.

Preparation time: 15 min Serves 6

**INGREDIENTS:** Blanched squid and/or cuttlefish strips\* (squid/cuttlefish, salt), cooked mussels (mussels, salt), blanched squid and/or cuttlefish tentacles\* (squid/cuttlefish, salt), blanched shrimp (shrimp, salt, sodium tripolyphosphate), imitation crab bites (water, surimi [processed fish], wheat starch, tapioca starch, soy protein, modified tapioca starch, sugar, palm oil, salt, crab extract, crab flavor, natural color: carmine, paprika oleoresin, flavor enhancer: disodium inosinate, disodium guanylate), blanched baby octopus slices (octopus, salt).

**CONTAINS:** Fish (threadfin bream, bigeye, lizard fish), crustacean shellfish (shrimp, crab), wheat, soybeans.

\*This product may contain squid and/or cuttlefish dependent upon season availability.

**COUNTRY OF ORIGIN: Thailand**

### Nutrition Facts

Serving Size 3 oz (85g)  
Servings Per Container about 5

Amount Per Serving	
<b>Calories</b> 58	Calories from Fat 10
% Daily Value*	
<b>Total Fat</b> 1g	2%
Saturated Fat 0g	1%
Trans Fat 0g	
<b>Cholesterol</b> 140mg	47%
<b>Sodium</b> 430mg	18%
<b>Total Carbohydrate</b> 1g	1%
Dietary Fiber 0g	1%
Sugars 0g	
<b>Protein</b> 10g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	6%



Visit our website for more information on this item

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