



Homemade Fat Spaghetti with Rock Shrimp (Scialatielli Ai Gamberetti)

READY IN



60 min.

SERVINGS



4

CALORIES



1092 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 cups cake flour
- ☐ 56 ounce tomatoes whole crushed peeled canned
- ☐ 0.5 medium carrots shredded finely
- ☐ 1 cup cooking wine dry white
- ☐ 2 eggs
- ☐ 0.3 cup olive oil extra virgin
- ☐ 2 bunches basil fresh finely chopped
- ☐ 3 tablespoons thyme leaves dried fresh chopped

- ☐ 6 cloves garlic thinly sliced
- ☐ 4 garlic cloves peeled thinly sliced
- ☐ 1 cup milk
- ☐ 6 tablespoons olive oil extra-virgin
- ☐ 1 onion spanish chopped
- ☐ 1 bunch parsley italian finely chopped
- ☐ 0.3 cup pecorino freshly grated
- ☐ 1 teaspoon chili flakes red
- ☐ 1 pound rock shrimp
- ☐ 2 tablespoons salt
- ☐ 4 servings salt to taste
- ☐ 1 medium zucchini cut into 1/ half moons, to yield 1 cup

Equipment

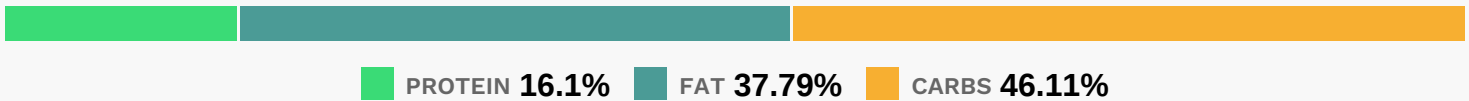
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ plastic wrap
- ☐ kitchen towels
- ☐ cutting board

Directions

- ☐ For the Pasta: Make a well in the flour, crack the eggs into the center, pour the milk over and add the basil. Using a fork, stir the egg mixture slowly into the flour to form a wet dough.
- ☐ Add the grated cheese and, working now with your hands, bring the dough together and knead 8 to 10 minutes to form a smooth dough. Allow to rest 15 minutes, covered in plastic wrap. Set up a pasta rolling machine and cut off a piece of pasta dough the size of a tennis ball.

- ☐ Roll the pasta through the widest distance between the rollers, fold it by 3 and rerun it through the same setting. Repeat this 3 times, being careful to use very little flour, as it will dry the pasta out. Run the pasta through the next 2 levels on the pasta rollers.
- ☐ Lay the sheet of now rolled pasta onto a floured cutting board and cut, using a knife, into strips 1/4-inch wide.
- ☐ Lay the cut noodles on a kitchen towel and cover with another.
- ☐ Roll and cut all pasta the same way and set aside.
- ☐ Bring 6 quarts of water to a boil and add 2 tablespoons salt. In a 12 to 14-inch saute pan, heat 6 tablespoons oil and garlic over medium heat for 6 to 8 minutes, until the garlic is light golden brown.
- ☐ Add the zucchini pieces and cook 2 to 3 minutes, until just soft.
- ☐ Add the chili flakes, wine and tomato sauce, bring to a boil and cook 1 minute.
- ☐ Add the shrimp and remove from heat.
- ☐ Drop the pasta into the boiling water and cook 3 minutes, until tender, yet al dente.
- ☐ Drain and toss into the pan with shrimp and place the pan over high heat. Cook about 1 minute, until shrimp are just cooked through, and the pasta is coated with the sauce.
- ☐ Add the parsley and toss through with 4 tablespoons oil, off the heat.
- ☐ Pour into a heated bowl and serve with plenty of freshly grated black pepper.
- ☐ In a 3-quart saucepan, heat the olive oil over medium heat.
- ☐ Add the onion and garlic and cook until soft and light golden brown, about 8 to 10 minutes.
- ☐ Add the thyme and carrot and cook 5 minutes more, until the carrot is quite soft.
- ☐ Add the tomatoes and juice and bring to a boil, stirring often. Lower the heat and simmer for 30 minutes until as thick as hot cereal. Season with salt and serve. This sauce holds one week in the refrigerator or up to 6 months in the freezer.

Nutrition Facts



Properties

Glycemic Index:110.71, Glycemic Load:62.19, Inflammation Score:-10, Nutrition Score:49.712173752163%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 30.91mg, Apigenin: 30.91mg, Apigenin: 30.91mg Luteolin: 2.67mg, Luteolin: 2.67mg, Luteolin: 2.67mg, Luteolin: 2.67mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 2.37mg, Myricetin: 2.37mg, Myricetin: 2.37mg, Myricetin: 2.37mg Quercetin: 8.1mg, Quercetin: 8.1mg, Quercetin: 8.1mg, Quercetin: 8.1mg

Nutrients (% of daily need)

Calories: 1092.06kcal (54.6%), Fat: 44.5g (68.46%), Saturated Fat: 8.28g (51.75%), Carbohydrates: 122.21g (40.74%), Net Carbohydrates: 112.47g (40.9%), Sugar: 16.47g (18.3%), Cholesterol: 238.54mg (79.51%), Sodium: 5055.38mg (219.8%), Alcohol: 6.18g (100%), Alcohol %: 0.83% (100%), Protein: 42.66g (85.32%), Vitamin K: 287.8µg (274.1%), Selenium: 93.91µg (134.16%), Vitamin C: 78.59mg (95.26%), Manganese: 1.84mg (92.2%), Vitamin A: 4096.69IU (81.93%), Phosphorus: 695.13mg (69.51%), Vitamin E: 10.39mg (69.27%), Vitamin B6: 1.04mg (52.17%), Iron: 8.44mg (46.86%), Calcium: 444.81mg (44.48%), Potassium: 1525.22mg (43.58%), Copper: 0.86mg (43.23%), Fiber: 9.74g (38.96%), Magnesium: 151.66mg (37.92%), Folate: 151.47µg (37.87%), Vitamin B2: 0.64mg (37.63%), Vitamin B3: 7mg (35%), Vitamin B12: 1.85µg (30.9%), Vitamin B1: 0.42mg (28.11%), Zinc: 4.11mg (27.37%), Vitamin B5: 2.28mg (22.76%), Vitamin D: 1.26µg (8.37%)