



Linguini and Lobster Caribe

READY IN



40 min.

SERVINGS



2

CALORIES



1119 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter divided
- ☐ 2 ounces achiote oil with 1/2 teaspoon annatto seed -reserve oiled seeds for pasta water) extra-virgin
- ☐ 2 ounces quality chicken broth
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 2 cloves garlic thinly sliced
- ☐ 8 ounces linguini your favorite thin
- ☐ 4 lobster tail pieces cleaned roughly chopped for pasta water (reserve shells)
- ☐ 0.5 onion spanish thinly sliced for pasta water
- ☐ 2 roma tomatoes seeded roughly chopped

- ☐ 2 servings salt and pepper black freshly ground
- ☐ 2 servings reserved lobster shells fresh
- ☐ 2 servings water seasoned with 1/4 cup kosher salt boiling
- ☐ 2 ounces white wine
- ☐ 1 bunch culantro fresh spanish with cilantro) 2 tablespoons chopped culantro, plus 1/2 teapsoon thinly sliced or chiffonade culantro, for garnish (reserve the rest for pasta water).

Equipment

- ☐ frying pan

Directions

- ☐ For the pasta water: Begin by bringing your pasta water to a boil then reducing to a simmer.
- ☐ Add reserved lobster shells, oiled annatto seed, 1/2 onion, salt and fresh culantro. You may do this a day in advance.
- ☐ For the lobster: Bring a saute pan to medium-high heat.
- ☐ Add 1 1/2 ounces achiote oil and 1 tablespoon butter; adding remaining oil to simmering pasta water with seeds. Drop pasta into seasoned water.
- ☐ Add sliced onion to saute pan and cook until slightly caramelized.
- ☐ Add lobster meat and continue to saute until slightly firm and opaque, about 2 minutes. Season with salt and freshly ground black pepper.
- ☐ Add sliced garlic, tomato and chopped culantro.
- ☐ Saute lightly for 1 minute.
- ☐ Add white wine and crushed red pepper. Reduce by one quarter.
- ☐ Add chicken broth and simmer.
- ☐ Add butter and stir to incorporate.
- ☐ Drain pasta and toss lightly with lobster saute. Plate and top with shaved Parmesan and chiffonade of culantro and serve immediately.

Nutrition Facts



 PROTEIN **16.18%**  FAT **35.81%**  CARBS **48.01%**

Properties

Glycemic Index:140.5, Glycemic Load:51.9, Inflammation Score:-9, Nutrition Score:33.588695650515%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg

Nutrients (% of daily need)

Calories: 1119.36kcal (55.97%), Fat: 43.47g (66.88%), Saturated Fat: 11.84g (73.99%), Carbohydrates: 131.1g (43.7%), Net Carbohydrates: 124.65g (45.33%), Sugar: 6.64g (7.38%), Cholesterol: 191.4mg (63.8%), Sodium: 946.3mg (41.14%), Alcohol: 2.92g (100%), Alcohol %: 0.79% (100%), Protein: 44.18g (88.37%), Selenium: 188.35µg (269.07%), Copper: 2.26mg (113.08%), Manganese: 1.83mg (91.29%), Phosphorus: 555.82mg (55.58%), Zinc: 7.1mg (47.3%), Vitamin E: 6.24mg (41.6%), Magnesium: 150.48mg (37.62%), Vitamin K: 36.11µg (34.39%), Vitamin B3: 5.46mg (27.28%), Vitamin B5: 2.69mg (26.94%), Vitamin B12: 1.61µg (26.86%), Fiber: 6.45g (25.81%), Vitamin A: 1216.81IU (24.34%), Vitamin B6: 0.49mg (24.25%), Potassium: 845.81mg (24.17%), Iron: 3.13mg (17.41%), Calcium: 165.06mg (16.51%), Vitamin B1: 0.22mg (14.55%), Folate: 55.81µg (13.95%), Vitamin C: 10.51mg (12.74%), Vitamin B2: 0.17mg (9.95%)