



Lobster Ravioli in Tomato Cream Sauce with Shrimp

READY IN



120 min.

SERVINGS



4

CALORIES



1426 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons peppercorns whole black
- ☐ 2 stalks celery with leaves, cut into pieces
- ☐ 1 tablespoon basil dried
- ☐ 1 tablespoon thyme leaves dried
- ☐ 1 tablespoon flat-leaf parsley fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 0.5 cup heavy cream

- ☐ 1 teaspoon kosher salt
- ☐ 1 optional: lemon halved
- ☐ 1 teaspoon lemon zest
- ☐ 16 lobster ravioli
- ☐ 1 tablespoon oregano dried
- ☐ 1 cup canned tomatoes diced canned
- ☐ 4 servings salt and pepper black freshly ground to taste
- ☐ 1 shallots minced
- ☐ 0.5 pound shrimp unpeeled
- ☐ 1 tablespoon butter unsalted
- ☐ 3 cups water
- ☐ 1 cup white wine
- ☐ 1 onion yellow quartered

Equipment

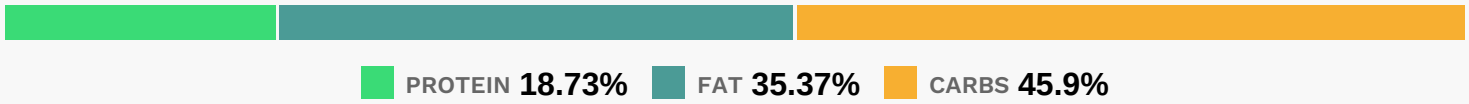
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot

Directions

- ☐ Peel and devein the shrimp, reserving the shells and heads. Chop the shrimp into bite-size pieces.
- ☐ To make the shrimp stock, combine the shrimp shells and heads, onion, and celery in a large pot. Squeeze the lemon juice into the pot, then add the lemon halves as well.
- ☐ Add the dried basil, oregano, thyme, peppercorns, 1/2 cup parsley, and 3 cups of water. Cover the pot and bring to a boil. Reduce heat and simmer, uncovered, for 1 hour, skimming away any foam or impurities that have risen to the surface. Strain the shrimp stock and set aside.
- ☐ Heat the butter in a large skillet over medium heat. Cook the shrimp pieces until pink and almost cooked through, 1 to 2 minutes.

- ☐ Remove and set aside.
- ☐ Add the shallots to the pan; cook and stir until the shallots have softened and turned translucent, about 5 minutes.
- ☐ Stir in the garlic, lemon zest, salt, and ground pepper. Cook for thirty seconds, then add the white wine. Bring to a boil and cook until the white wine is reduced by half, about 5 minutes.
- ☐ Add the shrimp stock to the pan, bring it to a boil, and simmer until the sauce is reduce by half, about 15 minutes.
- ☐ Meanwhile, fill a large pot with heavily salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in ravioli, and return to a boil. Cook uncovered, stirring occasionally, until the ravioli float to the top and the filling is hot, 3 to 4 minutes.
- ☐ Drain well, reserving a little pasta-cooking water to thin the sauce, if necessary.
- ☐ Stir the diced tomatoes and cream into the shrimp sauce and heat through. Return the shrimp to the pan, taste the sauce, and season to taste with salt and pepper. Fold the ravioli into the sauce.
- ☐ Place four ravioli onto each of four warmed pasta bowls or plates and top with sauce.
- ☐ Garnish the pasta with chopped parsley and lemon zest.

Nutrition Facts



Properties

Glycemic Index:92.38, Glycemic Load:54.54, Inflammation Score:-10, Nutrition Score:23.396956303845%

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 Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.77mg, Hesperetin: 7.77mg, Hesperetin: 7.77mg, Hesperetin: 7.77mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Apigenin: 2.73mg, Apigenin: 2.73mg, Apigenin: 2.73mg, Apigenin: 2.73mg Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 6.02mg, Quercetin: 6.02mg, Quercetin: 6.02mg, Quercetin: 6.02mg

Nutrients (% of daily need)

Calories: 1425.68kcal (71.28%), Fat: 54.7g (84.15%), Saturated Fat: 22.19g (138.7%), Carbohydrates: 159.72g (53.24%), Net Carbohydrates: 144.39g (52.5%), Sugar: 13.67g (15.19%), Cholesterol: 316.03mg (105.34%), Sodium: 2868.69mg (124.73%), Alcohol: 6.18g (100%), Alcohol %: 0.95% (100%), Protein: 65.19g (130.37%), Iron: 40.3mg (223.9%), Vitamin K: 77.7µg (74%), Fiber: 15.33g (61.34%), Manganese: 1.22mg (60.8%), Vitamin C: 26.19mg (31.74%), Calcium: 269.25mg (26.92%), Copper: 0.51mg (25.71%), Phosphorus: 208.23mg (20.82%), Potassium: 681.04mg (19.46%), Vitamin A: 931.31IU (18.63%), Magnesium: 72.88mg (18.22%), Vitamin B6: 0.29mg (14.49%), Vitamin E: 1.69mg (11.25%), Zinc: 1.46mg (9.74%), Folate: 38.6µg (9.65%), Vitamin B2: 0.16mg (9.3%), Vitamin B1: 0.1mg (6.92%), Vitamin B3: 1.2mg (6.01%), Vitamin B5: 0.53mg (5.35%), Vitamin D: 0.53µg (3.52%), Selenium: 2.36µg (3.37%)