



Rigatoni with Shrimp, Calamari and Basil

READY IN



40 min.

SERVINGS



4

CALORIES



920 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 tablespoons butter divided
- ☐ 14 ounces squid rings divided cleaned for another use (bodies only; tentacles reserved)
- ☐ 8 ounce bottled clam juice
- ☐ 0.8 cup basil fresh divided thinly sliced
- ☐ 3 large garlic clove thinly sliced
- ☐ 3 cups leek white green thinly sliced (and pale parts only; 3 large)
- ☐ 6 tablespoons olive oil extra virgin extra-virgin divided
- ☐ 0.5 cup pecorino cheese finely grated (for serving)
- ☐ 0.3 cup peas frozen thawed

- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 12 ounces rigatoni
- ☐ 1 pound shrimp divided deveined uncooked peeled

Equipment

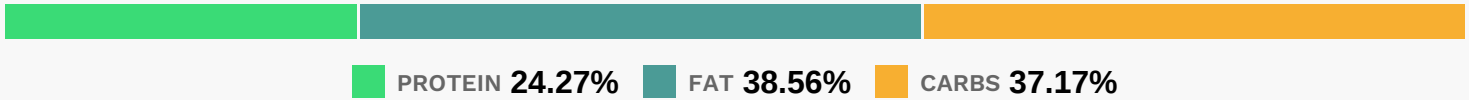
- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Place half of shrimp in medium bowl. Slice half of calamari crosswise into 1/3-inch-wide rings and place in small bowl.
- ☐ Coarsely chop remaining shrimp and calamari; place in processor. Using on/off turns, blend until shrimp mixture is finely chopped.
- ☐ Transfer to another medium bowl.
- ☐ Cook pasta in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally.
- ☐ Meanwhile, heat 5 tablespoons oil in large skillet over medium-high heat.
- ☐ Add leeks, garlic, and crushed red pepper; sauté until leeks are tender but not brown, about 5 minutes.
- ☐ Add chopped shrimp mixture; stir until shrimp and calamari are just opaque, about 2 minutes.
- ☐ Add clam juice and peas; simmer until flavors blend, about 3 minutes. Stir in 3 tablespoons butter. Season with salt and pepper. Set sauce aside; cover to keep warm.
- ☐ Melt remaining 1 tablespoon butter with 1 tablespoon oil in medium nonstick skillet over medium-high heat.
- ☐ Add reserved whole shrimp and sauté 2 minutes.
- ☐ Add calamari rings to shrimp; sprinkle with salt and pepper and sauté until just opaque, about 2 minutes longer.
- ☐ Remove from heat.
- ☐ Drain pasta; return to same pot.

- ☐
- Addchopped shrimp and calamari sauce, 1/2 cupcheese, and 1/2 cup basil and toss to blend.
- ☐
- Divide pasta among 4 bowls. Top eachserving with sautéed shrimp mixture;sprinkle with remaining 1/4 cup basil. Passadditional cheese separately and serve.
- ☐
- With the pasta, pour adry white with a hit of acidity, like the Benito
- ☐
- Ferrara 2009 Greco di Tufo (Italy, \$25).

Nutrition Facts



Properties

Glycemic Index:73.83, Glycemic Load:29.01, Inflammation Score:-9, Nutrition Score:36.123912765928%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 920.06kcal (46%), Fat: 39.37g (60.57%), Saturated Fat: 12.98g (81.13%), Carbohydrates: 85.38g (28.46%), Net Carbohydrates: 80.38g (29.23%), Sugar: 7.58g (8.42%), Cholesterol: 456.86mg (152.29%), Sodium: 645.96mg (28.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.75g (111.51%), Selenium: 101.63µg (145.18%), Copper: 2.71mg (135.57%), Phosphorus: 770.04mg (77%), Manganese: 1.33mg (66.74%), Vitamin K: 67.2µg (64%), Vitamin A: 1998.76IU (39.98%), Magnesium: 152.05mg (38.01%), Vitamin E: 5.44mg (36.26%), Vitamin B2: 0.56mg (32.98%), Zinc: 4.92mg (32.77%), Calcium: 318.15mg (31.81%), Potassium: 972.27mg (27.78%), Vitamin C: 21.85mg (26.49%), Iron: 4.45mg (24.74%), Vitamin B12: 1.47µg (24.51%), Vitamin B6: 0.44mg (21.77%), Vitamin B3: 4.35mg (21.73%), Fiber: 5g (20.01%), Folate: 79.84µg (19.96%), Vitamin B1: 0.19mg (12.81%), Vitamin B5: 1.11mg (11.08%)