

DINNER

Stinging Nettle Tagliatelle with Frutti di Mare

12 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
60 min	30 min	30 min	4	\$7.80	1,004 kcal



Stinging Nettle Tagliatelle with Frutti di Mare takes about 1 hour from beginning to end. One serving contains 1004 calories, 37g of protein, and 41g of fat. This recipe serves 4. For \$7.8 per serving, this recipe covers 52% of your daily requirements of vitamins and minerals. 1 person were impresse...

Ingredients

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| ☐ 2 tablespoons butter | ☐ 1 teaspoon hot chile flakes |
| ☐ 16 New Zealand cockles | ☐ ½ cup dry white wine |
| ☐ 4 extra large eggs | ☐ ¼ cup extra virgin olive oil |
| ☐ 4 tablespoons extra virgin olive oil | ☐ 3½ cups all-purpose flour |
| ☐ 3 cloves garlic, thinly sliced | ☐ 16 mussels, scrubbed and debearded |

☐ 1 pound stinging nettles

☐ 1 bunch Italian parsley, finely chopped to yield 1/4 cup

☐ ½ pound rock shrimp, cleaned

☐ 3 scallions, thinly sliced

☐ ½ cup semolina flour

EQUIPMENT Food processor, Bowl, Frying pan, Baking paper, Stove, Cutting board

Method

- 1 Bring 6 quarts of water to a boil.
- 2 Meanwhile, using plastic gloves, separate nettle leaves and stems and discard stems. Set up an ice bath next to the stove and drop nettle leaves into boiling water. Allow cooking for 1 minute, drain and immediately immerse in ice bath.
- 3 Drain leaves by pressing between 2 plates to remove all moisture.
- 4 Place in the bowl of a food processor. Blend with olive oil until mixture has emulsified into a paste.
- 5 In a medium-sized bowl, combine nettle paste and eggs. Mound 3 1/2 cups of the flour in the center of a large wooden cutting board. Make a well in the middle of the flour and add the egg and nettle mixture. Using a fork, begin to incorporate the flour, starting with the inner rim of the well.
- 6 As you expand the well, keep pushing the flour up from the base of the mound to retain the well shape. The dough will come together when half of the flour is incorporated.
- 7 Start kneading the dough with both hands, using the palms of your hands. Once you have a cohesive mass, remove the dough from the board and scrape up and discard any leftover bits. Lightly reflower the board and continue kneading for 6 more minutes. The dough should be elastic and a little sticky. Wrap the dough in plastic and allow to rest for 30 minutes at room temperature. Using a pasta rolling machine, roll dough to thinnest setting and cut into 1/8 inch ribbons. Line a sheet tray with parchment paper and sprinkle liberally with semolina. Gently place pasta on top of semolina, cover and set aside.
- 8 Bring 6 quarts water to a boil and add 2 tablespoons salt.
- 9 In a 12 to 14 inch saute pan heat olive oil till smoking.
- 10 Add the scallions, garlic, and chilis and cook until light brown, about 1 minute.
- 11 Add the clams and mussels and saute 2 minutes.
- 12 Add the wine, bring to a boil, lower heat, and simmer two minutes. Drop pasta into boiling water and cook until just tender, about 2 minutes. Meanwhile add the shrimp and raise the heat to high.

- 13 Add the butter and stir carefully so as not to remove the mussels and clams from their shells.
- 14 Drain the pasta and toss into the pan with the shellfish mixture, add the parsley and toss to dress well and serve.

Nutrition per serving

1,004
KCAL

37 g
PROTEIN

41 g
FAT

113 g
CARBS

Saturated Fat	9.6 g · 60% of daily needs
Fibre	12.5 g · 50% of daily needs
Sugar	1.5 g · 2% of daily needs
Sodium	566 mg · 25% of daily needs
Cholesterol	304 mg · 101% of daily needs
Vitamin C	24 mg · 29% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/stinging-nettle-tagliatelle-with-frutti-di-mare-142232