



Seafood pasta

35 minutes

Hands on

2

Portion(s)

1

Difficulty



Method

- Place a [pan](#) over high heat and let it get hot.
- Place the shrimp on a working surface and add 1 tablespoon olive oil, salt and pepper.
- Add them to the hot pan and cook for 2 minutes on one side until golden. Then flip them over, cook for 1-2 minutes and remove from pan.
- Add another 2 tablespoons of olive oil to the same pan.
- Finely chop the garlic and add to the pan.
- Thinly slice the chili peppers and add them to the pan.
- Finely chop the ginger and add to the pan.
- Stir continuously with a wooden spoon.
- Add the brandy and stir.
- Add the grated tomatoes and cook for 3 minutes until they release their juices.
- Add the mussels and clams, lower heat, cover pan with lid and cook for 4-5 minutes until they open.
- In the meantime, chop the surimi into 1 cm cubes.
- Finely chop 1-2 extra chili peppers
- Uncover pan and add the bouillon cube.
- Stir with a wooden spoon and when it dissolves add the surimi, lime zest, chili peppers, lime juice, shrimp and finally the linguine.
- Tear the coriander with your hands and add it to the pan.
- Mix and serve with some olive oil, lime wedges and some salt.

Ingredients

- 250 g shrimps, shell removed
- 3 tablespoon(s) olive oil
- salt
- pepper
- 2 clove(s) of garlic
- 1 chili pepper, yellow
- 1 chili pepper, green
- 1 chili pepper, orange
- 1 chili pepper, red
- 50 g ginger, fresh
- 50 g brandy
- 4 tomatoes, medium sized, grated
- 100 g mussels, in shells
- 100 g clams, in shells
- 1 chicken bouillon cube
- 100 g surimi
- lime juice, of 2 limes
- lime zest, of 2 limes
- salt
- pepper
- 1/2 bunch coriander, fresh, only the leaves
- 250 g linguine, boiled

To serve

- olive oil
- slices lime(s)
- salt

Διατροφικός πίνακας

Nutrition information per portion

649 Calories (kcal)	17.0 Total Fat (g)	2.7 Saturated Fat (g)	64.0 Total Carbs (g)
32%	24%	14%	25%
14.0 Sugars (g)	50.0 Protein (g)	7.5 Fibre (g)	7.0 Sodium (g)
16%	100%	30%	117%