

Italian Seafood Pasta



Prep Time: 10 minutes

Cook Time: 15 minutes

Total Time: 25 minutes

Servings: 6 Servings

Ingredients

- 1 pound linguine noodles cooked (I use Barilla)
- 1/4 cup olive oil
- 3 shallots chopped (or 1/4 cup red onion)
- 5 cloves fresh garlic minced ((3 cloves set aside))
- 3/4 cups chopped sun-dried tomatoes
- 1 1/2 cups Pinot Grigio wine or any white wine
- 1 pound fresh large shrimp 16 - 20ct - peeled and deveined
- 1 pound fresh clams scrubbed clean
- 1 fresh lobster tail or more, your choice
- sea salt & fresh ground pepper to taste
- 2 Tablespoons chopped Italian parsley for garnish
- pinch dried chili pepper flakes optional

Instructions

1. Prepare the seafood. Scrub clam shells. Peel and devein shrimp. Pull lobster meat away from it's shell. Set aside.
2. Cook pasta according to package directions. Drain and set aside.

3. In a large skillet, heat oil over medium heat. Add 2 garlic cloves and the shallots. Cook for 2 - 3 minutes until tender, but not brown.
4. Add the sun-dried tomatoes and cook for an additional minute.
5. Add the wine, shrimp, lobster, clams and 3 cloves of minced garlic. Bring to a boil, then reduce heat, cover pan and cook for 7 - 8 minutes until shrimp turn pink and the clam shells open.
6. Add the cooked, drained linguine noodles to the seafood. Salt, pepper, and optional chili flakes, stir to combine.
7. Serve in a large bowl or platter sprinkled with Italian parsley.

Notes

- Use any 2 pound combination of seafood that you like and that fits in your budget. Mussels, scallops, crab would all work as well.
- If you do not wish to use wine in this dish, you can simply use seafood stock instead.
- I use the small, individual bottles of wine when I cook, so I don't waste an expensive bottle.
- Most of the alcohol cooks out, but it does add a nice flavor and is not overpowering.