



Barilla® Angel Hair With Lobster

Rich nuggets of lobster offset colorful tomatoes and basil in this light dish.

Ingredients

4 lbs. Barilla® Angel Hair
1 1/3 cups extra-virgin olive oil
8 cloves minced garlic
3 lbs. thinly sliced red onion
4 lbs. sliced, raw lobster meat
As needed salt
As needed pepper
3/4 cup white wine
2 lbs. concasse plum tomatoes
1/4 cup julienned fresh basil

Instructions

Cook the Barilla® pasta for half the time indicated on the package. Drain pasta and drizzle with some olive oil to prevent from sticking.

Place pasta flat on sheet trays or hotel pans and cool in a blast chiller. Alternatively, cool it down in a walk-in cooler. Store in zip lock bags or sealed plastic container; refrigerate and use within several hours.

For each serving, to order: Heat 1 Tbsp. oil and saute 1/3 clove garlic and 2 oz. onion until translucent. Add about 2 1/2 oz. lobster meat and saute until just opaque. Season with salt and pepper. Add 1 1/2 tsp. wine and about 1 1/2 oz. tomatoes. Bring to a simmer and stir in 1 tsp. basil. Reheat 1 1/2 cups pasta in boiling salted water for 40 to 60 seconds. Drain and add to pan with 1/3 cup pasta water. Toss, plate, and drizzle with olive oil to finish.

Nutritional Info

This information is per serving.

Nutrition Facts

Serving Size 1

Servings Per Container 24

Amount Per Serving

Calories 460

Calories from Fat 126

% Daily Value*

Total Fat 14g

22%

Saturated Fat 2g

10%

Trans Fat 0g

Cholesterol 95mg

32%

Sodium 280mg

12%

Total Carbohydrate 61g

20%

Dietary Fiber 4g

16%

Sugars 4g

Protein 23g

46%

Vitamin A 10%

Vitamin C 15%

Calcium 8%

Iron 15%

Allergy Information:

*Percent Daily Values are based on a 2,000 calorie diet.

Please note: for the purpose of the nutritional assessment, total sodium does not include salt added to the cooking water. When salt is listed "as needed" in the ingredient list, 1 tsp total is included in the analysis.