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Chef's Sig. Lobster and Shrimp Pasta - Full Portion

This signature lobster and shrimp pasta is a delicious and indulgent dish that combines succulent lobster and shrimp with a rich and creamy sauce. It is a perfect choice for a special occasion or when you want to impress your guests. The dish is typically served with al dente pasta and garnished with fresh herbs and grated Parmesan cheese.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 30 mins

Total Time: 50 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

250 g	Lobster Tails
250 g	Shrimp
400 g	Pasta
50 g	butter

3 cloves	garlic
250 ml	heavy cream
50 g	parmesan cheese
10 g	fresh parsley
1 tsp	Salt
1 tsp	Black pepper

Directions

Step 1

Boiling

Cook the pasta according to package instructions. Drain and set aside.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Sautéing

In a large skillet, melt the butter over medium heat. Add the minced garlic and cook until fragrant.

Prep Time: 2 mins

Cook Time: 3 mins

Step 3

Sautéing

Add the lobster tails and shrimp to the skillet. Cook until they turn pink and are cooked through.

Prep Time: 5 mins

Cook Time: 7 mins

Step 4

Simmering

Pour in the heavy cream and bring to a simmer. Cook for a few minutes until the sauce thickens slightly.

Prep Time: 2 mins

Cook Time: 3 mins

Step 5

Stirring

Stir in the grated Parmesan cheese until melted and well combined. Season with salt and black pepper to taste.

Prep Time: 1 mins

Cook Time: 2 mins

Step 6

Stirring

Add the cooked pasta to the skillet and toss to coat it evenly with the sauce.

Prep Time: 1 mins

Cook Time: 2 mins

Step 7

Garnishing

Garnish with fresh parsley and serve hot.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 500 kcal

Fat: 25 g

Protein: 30 g

Carbohydrates: 40 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	2 g	5.26%	8%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	15 g	68.18%	88.24%
Fat	25 g	89.29%	100%
Cholesterol	150 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	200 iu	22.22%	28.57%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	2 mcg	83.33%	83.33%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	200 mg	20%	20%
Iron	4 mg	50%	22.22%
Potassium	400 mg	11.76%	15.38%
Zinc	2 mg	18.18%	25%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Summer Fall

Events

Thanksgiving Picnic

Cuisines

Italian

French

Thai

Mediterranean

German

Middle Eastern

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Kitchen Tools

Blender

Microwave

Course

Main Dishes

Salads

Meal Type

Lunch

Dinner

Difficulty Level

Medium

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