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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 all 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



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

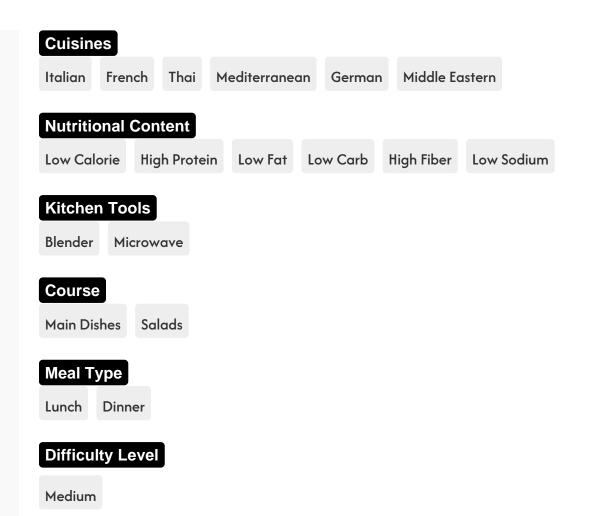
Seasonality

Summer

Fall

Events

Thanksgiving Picnic



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