

Diavola Shrimp Spaghetti Recipe



Servings: 2

Preparation Time: 5 minutes

Start to finish: 25 minutes

Per Serving: 665 Calories; 23g Fat (29.4% calories from fat); 27g Protein; 96g Carbohydrate; 10g Dietary Fiber; 64mg Cholesterol; 73mg Sodium.

Ingredients

- 250 grams Whole wheat spaghetti
- 3 cloves garlic
- 3 tablespoons olive oil
- 1 tomato
- 14 shrimp
- chili flakes
- parsley
- salt

Preparation

1. Bring a pot of salted water to a boil and cook the pasta according to manufacturer's instructions.
2. * Deseed the tomato and cut it into thin slices or small cubes.
3. * Chop the garlic and fry in the olive oil, once turning golden add the prawns and sauté for 2 minutes.
4. * Add the sliced tomato and chili flakes then sauté for a further 4 minutes until the shrimp is cooked, season with salt.
5. * When the pasta is al dente drain and toss with the prawn sauce and finish with the parsley.

Tips

- In Italy they add some zucchini instead of the tomato.
- You can substitute the shrimps with calamari or any type of seafood.
- Adding a splash of white wine during the cooking will enhance the flavour.