

Langostino Tails Pasta (AIP)

Even a novice cook can cook pasta with langoustines. The main thing is not to simplify the preparation of the sauce, as it saturates the dish. Large, with an exquisite sweet taste – red Argentine shrimp are obtained by wild fishing. They have no fat, but a lot of protein. An ideal dietary meat for those who follow the figure. Italian cuisine involves quality seafood. In Moscow, you can order delicious langoustines with home delivery at the [Vkusman.com](https://vkusman.com) online store. Seafood contains omega-3 and omega-6 fatty acids necessary for the body.

Cooking time: 30 minutes.



Ingredients:

- Langoustines – 10-15 pcs.
- Spaghetti – 300 gr
- Garlic – 1-2 cloves
- Dry white wine – 50 ml
- Thyme
- Parsley
- Ghee oil – 1 tbsp. l.
- Butter – 1 tbsp. l.
- Salt, pepper to taste

Directions:

1. Clean the langoustines and remove the intestinal vein. Cut the tomatoes into cubes. Finely chop the garlic and parsley.
2. Boil spaghetti in salted water for 1 minute less than indicated on the package. Leave some of the liquid in which the pasta was cooked.
In a frying pan with ghee, fry the shrimp with half the garlic and thyme sprigs – literally two minutes. Salt to taste. When ready, transfer to a bowl.
3. Stew the tomato in the remaining oil with garlic. Add about 70 ml of pasta liquid and bring to a boil. Salt the prepared sauce.
4. Add spaghetti, langoustines, parsley, and butter to the pan. Stir and immediately remove from heat.
5. When serving, decorate the pasta with herbs.