

# Low Carb Seafood With Courgette Linguine

Yield: 4 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/best-italian-chilli-mussels-recipe>

## Ingredients:

- 2/3 pound prawns raw large, shell on,, best if they are the red Mediterranean variety
- 2/3 pound calamari
- 2/3 pound mussels shell on
- 4 langoustines large, whole, shell on
- 5 anchovy fillets
- 2 courgettes
- Himalayan pink salt handful coarse
- 1/2 glass white wine
- extra virgin olive oil splash
- 1 knob butter
- 1 clove garlic chopped
- 1 shallot chopped
- 6 2/3 ounces tomatoes sieved
- 1 pint cayenne pepper
- 1 pinch paprika
- fish stock sprinkle organic, granules, or 1/2 stock cube
- mixed spice sprinkle ground
- 1/2 chilli chopped
- 4 tablespoons fresh parsley chopped

## Nutrition:

1. Calories: 610 calories
2. Carbohydrate: 44 grams
3. Cholesterol: 430 milligrams
4. Fat: 20 grams
5. Fiber: 14 grams
6. Protein: 69 grams

7. SaturatedFat: 4 grams
  8. Sodium: 1200 milligrams
  9. Sugar: 10 grams
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