

Pasta Calamari Capri

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/calamari-rings-recipe-italian>

Ingredients:

- 1 pound pasta — we used spaghetti — be sure to cook just below al dente
- 1 pound calamari rings frozen cleaned, or 1 pound fresh cleaned calamari sliced into rings.
- 2 ounces anchovies can of, oil reserved, about 2 Tablespoons
- 2 tablespoons extra virgin olive oil
- 20 grape tomatoes halved
- 5 large garlic cloves chopped
- 1/2 teaspoon crushed red pepper flakes dried
- 1 tablespoon capers rinsed
- 1/4 cup fresh lemon juice
- 2 teaspoons lemon zest fresh
- 1 1/2 cups dry white wine
- 1 cup fresh basil leaves thinly sliced
- basil leaves Small, to sprinkle on top
- grated Parmesan cheese for sprinkling on top

Nutrition:

1. Calories: 820 calories
2. Carbohydrate: 119 grams
3. Cholesterol: 275 milligrams
4. Fat: 12 grams
5. Fiber: 10 grams
6. Protein: 44 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 230 milligrams
9. Sugar: 23 grams

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