

# Lobster Fra Diavolo

Yield: 2 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-recipe-for-shrimp-fra-diavolo>

## Ingredients:

- 4 pounds lobsters live
- 1/4 cup extra-virgin olive oil
- 2 garlic cloves smashed
- 1 red pepper dried Italian hot, split lengthwise, or 1/2 to 1 teaspoon crushed red pepper flakes, or to taste
- 1/2 cup dry white wine
- 2 cups Italian plum tomatoes canned crushed, preferably San Marzano, undrained
- 4 anchovy fillets chopped
- 2 teaspoons dried oregano preferably Sicilian
- 1 tablespoon kosher salt plus more to taste
- 1 pound spaghetti or linguine
- 3 tablespoons Italian flat leaf parsley chopped fresh
- freshly ground black pepper