

Jamie Oliver Lobster Spaghetti Pasta

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/jamie-oliver-pasta-recipe-italy>

Ingredients:

- 4 3/8 pounds lobster
- 1 3/16 pounds spaghetti
- 1 onion
- thyme
- basil
- seeds Pepper, A few
- 1 1/2 teaspoons sauce
- 4 chopped tomatoes
- 1 chopped onion
- 2 cloves
- basil
- thyme
- 1/4 teaspoon oregano
- 1/4 teaspoon sugar
- 1 glass semi dry wine
- pepper Depends on the spice you love
- 1 teaspoon salt
- 3 3/8 cups dill

Nutrition:

1. Calories: 1080 calories
2. Carbohydrate: 123 grams
3. Cholesterol: 475 milligrams
4. Fat: 9 grams
5. Fiber: 8 grams
6. Protein: 116 grams
7. Sodium: 2100 milligrams

8. Sugar: 11 grams

Thank you for visiting our website. Hope you enjoy Jamie Oliver Lobster Spaghetti Pasta above. You can see more 20 jamie oliver pasta recipe italy Ignite your passion for cooking! to get more great cooking ideas.