

gluten-free pasta

with monkfish & squid



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All recipes have been reviewed  
by a diabetes dietician.

Original recipes from the book  
**Zilli Light** by **Aldo Zilli**.



## Aldo says...

Per serving; Energy: 726 kcal, Protein: 37 g

Fat: 7 g, Carbohydrate: 98 g

I had never experimented with gluten-free pasta until my wife Nikki became wheat intolerant. I had to find a solution because she loves pasta. So this recipe was created – it is now on my menu at Zilli Fish and the customers love both this and a variation we serve using crayfish. The sauce works just as well without the pasta: you can eat it as it is or serve it with some gnocchi. It reminds me of my childhood, when my mother used to cook it all the time.

Serves: 4

Cooking time: 15 minutes

Preparation time: 15 minutes

- 1 tablespoon extra virgin olive oil**
- 8 spring onions, finely sliced**
- ½ red chilli, deseeded and finely chopped**
- 1 garlic clove, part-crushed**
- 100 g (3½ oz) squid rings**
- 350 g (11½ oz) monkfish, cleaned and cut into chunks**
- 175 ml (6 fl oz) dry white wine such as Trebbiano**
- 500 g (1 lb) jar passata**
- 1 tablespoon chopped fresh basil leaves, plus extra basil leaves to garnish**
- sea salt flakes and freshly ground black pepper**
- 350 g (11½ oz) gluten free linguine or other pasta**

then discard the garlic clove.

Add the squid and cook for 2 minutes, then add the monkfish chunks and fry for another 2 minutes. Pour in the white wine and let it bubble for 2 minutes. Add the passata and chopped basil and leave to cook for 3 minutes. Season with sea salt flakes and freshly ground black pepper.

Bring a large pan of salted water to the boil and add the pasta, gently easing it into the water. Stir and return to a rolling boil. Cook the pasta according to the packet instructions.

When the linguine is cooked, drain, reserving a little of the cooking water, and add to the saucepan with the sauce. Toss to combine. If the sauce is too thick, add some of the reserved pasta water.

Serve immediately, garnish with torn basil leaves.

Heat the olive oil in a large saucepan and fry the spring onions, chilli and part-crushed garlic clove for 1 minute,

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