

## Mediterranean Seafood Pasta (Shrimp, Scallops & Squid)

### 地中海風シーフードパスタ (エビ・ホタテ・イカ)

Serves: 3-4

#### Ingredients

- 320 g pasta (パスタ)
- 250 g shrimp, peeled & deveined (エビ)
- 200 g scallops (ホタテ)
- 150 g squid, sliced into rings (イカ)
- 1½ T olive oil (オリーブオイル)
- 2 tsp olive oil, finishing (オリーブオイル)
- 1 T minced garlic (にんにく)
- 80 g onion or shallot (玉ねぎ/エシャロット)
- 120 ml pasta water
- 2 T lemon juice (レモン汁)
- Zest of 1 lemon (レモンの皮)
- 2 tsp low-sodium soy sauce (減塩しょうゆ)
- 4 g salt + MSG blend (塩+MSG)
- Black pepper (黒こしょう)
- 2 T parsley (パセリ)



#### Instructions

1. Pat **seafood** dry. Slice **squid** into rings (~1 cm). Season lightly.
2. Cook **pasta**; reserve 150 ml pasta water.
3. Sear **scallops 1–1½ min** per side; remove.
4. Sear **shrimp 1–2 min** per side; remove.
5. Cook **squid 30–45 sec only**; remove immediately.
6. Cook **onion 3–4 min**, then **garlic 30 sec**.
7. Add **pasta + 80–120 ml pasta water**.
8. Add **soy sauce, lemon juice, pepper**; toss.
9. Return seafood; add **zest, olive oil, parsley**.
10. Toss briefly and adjust seasoning.

#### Nutrition (per serving)

Kcal: 510 | Protein: 40 g | Fat: 15 g | Sat Fat: 3 g | Carbs: 55 g | Sugars: 3 g |  
Fiber: 3 g | Sodium: 650 mg | Omega-3: 0.6 g