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Recipe: Crab And Tomato Linguini



Ingredients

1 fresh dressed crab
1 red chilli
1 large clove of garlic
3 spring onions
A handful of baby plum tomatoes
200g linguini
2 tablespoons of olive oil
Salt and freshly ground black pepper
2-3 tablespoons of single cream
A few sprigs of fresh parsley

Servings
2
Person

Preparation

- 1 Separate the white crab meat from the brown.
- 2 Deseed and finely slice the chilli, peel and finely chop the clove of garlic and then trim and finely chop the spring onions. Quarter the tomatoes.
- 3 Cook the linguine until al dente, according to the instructions on the packet. Drain, keeping a little of the cooking water, and return to the pan.
- 4 Meanwhile, in a wok, heat the olive oil and gently saute the chilli, garlic and spring onions for 2 minutes. Add the tomatoes and cook for a further 2 minutes.
- 5 Stir in the brown crab meat; add a splash of the pasta cooking water if necessary.
- 6 Stir the mixture into the linguini and heat through. Add the cream, stir well and season with salt and black pepper.
- 7 Spoon the pasta into 2 bowls then top each with the white crab meat. Garnish with finely chopped parsley leaves and serve immediately.

Cooks Note

A really simple dish needing few ingredients, with the delicious flavours of fresh crab and baby plum tomatoes. As an alternative to adding cream, try including lemon juice and zest instead.
