



SIMPLE CRAB LINGUINE

This restaurant style dish highlights good quality produce; by keeping it simple, we let the fresh ingredients speak for themselves.

It is easy to find good quality crab meat from your local fishmongers or supermarket. Female crabs have sweeter flesh, so buy a cock or male crab if you prefer white meat.

Serves 4

INGREDIENTS

1200g Dressed crab	1 Splash white wine
300g Fresh linguine	1 Lemon (zest and juice)
60ml Olive oil	3 Tbsp Creme fraiche
1 Clove chopped garlic	1 handful chopped parsley
4 Chopped spring onions	1 handful chopped basil
1/2 Chopped red chilli	Salt & Pepper to taste

METHOD

1. Bring a large pan of salted water to the boil
2. Boil the linguine until just cooked (al dente). Save a small amount of the starchy pasta water
3. Heat the olive oil on a medium heat in a deep frying pan, add the chopped garlic, spring onion and chilli. Fry for 2 minutes until soft but not coloured. Stir in the crab meat and cook for a further minute
4. Add the white wine to the pan and cook off the alcohol.
5. Drain the linguine. Add to the frying pan with the crab and mix together until evenly coated, mix in the Creme Fraiche and fresh lemon zest and half the chopped basil and parsley.
6. If the mix is dry, add a small amount of the pasta water
7. Season to taste with cracked black pepper and salt
8. Serve hot in a pasta bowl and sprinkle with the remaining parsley and basil
9. Garnish with sliced lemons and a squeeze of fresh lemon juice