

CRAB LINGUINE

Serves 4. Total time from start to serving - 15 minutes.

Ingredients

400g linguine
3 tbsp extra-virgin olive oil
1 red chilli, deseeded and chopped
2 garlic cloves, finely chopped
300g crab meat - mixed brown and white
white wine
parsley, finely chopped
lemon juice

Method

Bring a large saucepan of salted water to the boil - add a tablespoon of olive oil. Add the linguine, bring back to simmer and cook for approx 11 minutes. Stir occasionally so that it does not stick together. Check the linguine after 10 minutes to see if it is yet *al dente* - check each minute after that until the pasta is just right.

While the linguine is cooking, heat the remaining olive oil in a frying pan and add the chilli and garlic - cook very gently until they start to sizzle. Turn heat up and add the white wine. Simmer until the white wine and olive oil come together. Remove the pan from the heat and add the crab meat, using a spoon to mash it into the olive oil to make a thick sauce.

When the linguine is cooked *al dente*, drain it in a colander, return it to the empty sauce pan and transfer the sauce from the frying pan to the saucepan. Add the parsley and stir everything together well. Taste and add seasoning as necessary - add a few drops of lemon juice if you feel it will lift the taste. Serve immediately.