



CRAB

LINGUINE

SERVES 2



CRAB LINGUINE

Ingredients

150g linguine
1 garlic clove
1/2 tsp of dried chilli flakes
20g parsley
1 tin of crabmeat, drained
4 tsp oil
1 Lemon
50ml water
Salt and Pepper



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Recipe

- 1- Bring a large pan of salted water to the boil, feed in the spaghetti and cook for the time it says on the pack, stirring a couple of times to stop it sticking.
- 2- Peel and finely chop the garlic and the parsley. Heat 3 tsp of oil in a large frying pan, add the garlic and chilli flakes. Fry for 1 minute. Tip the crab meat into the pan with the water, squeeze in the juice from the lemon. Season with salt and pepper and heat through for a minute or so, whilst stirring.
- 3- Drain the pasta, return it to the pan and tip in the crab mixture, the last tsp of oil and the parsley.
- 4- Mix well and serve.



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Cost

- Linguine - 7p
- Garlic - 5p
- Chilli - 46p
- Parsley - 46p
- Crabmeat - £2
- Oil - 4p
- Lemon - 30p

TOTAL - £2.92

