

# Linguine with crab and prawns

Serves: 4

## Time

Preparation time 5 minutes

Cooking time 10–25 minutes (depending on pasta)

## Ingredients

- 300ml low-salt fish stock (made from 1 low-salt fish stock cube)
- 1 red chilli, deseeded and finely chopped
- 1 garlic clove, peeled and finely chopped
- zest and juice ½ lemon
- 450g fresh linguine (350g dried linguine)
- 170g tin white crab meat in brine (or salmon)
- 200g peeled cooked prawns
- handful freshly chopped flat-leaf parsley
- black pepper

## To serve

- salad leaves
- 1 lemon, quartered (optional)



# Linguine with crab and prawns



## Method

1. To make the sauce, place fish stock, chopped chilli, garlic, lemon zest and lemon juice into a large saucepan and set over a moderate heat for 3–4 minutes. Remove from the heat and allow the flavours to infuse while you cook the pasta.
2. Bring a large saucepan of water to the boil. If you are using fresh linguine, add it when the water begins to boil. Reduce the temperature to low and simmer for 5 minutes until cooked to 'al dente' (which means it should still have a bite and not be completely soft). If you are using dried linguine, cook as per packet instructions.
3. Drain the linguine well, bring the sauce back to a gentle simmer.
4. Stir in the crab meat and prawns for 1 minute to warm through before adding the cooked linguine, sprinkle with chopped parsley, black pepper, mix well and serve with salad and lemon quarters (optional).