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)
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).