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Cicatelli Pasta with fresh crab, chilli and garlic

(makes 4 salads)

Ingredients:

500g bag of Cicatelli Pasta
2 tbsp olive oil
2 cloves garlic, finely sliced
1tsp Bart crushed chillies
2 freshly cooked dressed crabs, about 130g each
Juice of 1 lemon, plus lemon wedges to serve
20g pack fresh parsley, roughly chopped

Preparation time: 10 minutes

Cooking time: 8 minutes

Method:-

- 1) Cook the pasta following the instruction on the back of the packet and drain well, reserving a little cooking water in the bottom of the pan.
- 2) Meanwhile, heat the olive oil in a large frying pan and sauté the garlic and crushed chillies over a low heat for 1-2 minutes, until the garlic has softened slightly, but not browned
- 3) Add the crabmeat, lemon juice and parsley, season well and heat through until piping hot.
- 4) Add the pasta to the crab mixture, along with the reserved cooking water, and mix well. Serve with a lightly dressed rocket salad, some warm ciabatta and lemon wedges.

Enjoy your meal!

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