

This fantastic looking recipe was sent to me by a very dear customer, who has been very careful of what she eats - very low saturated fat, no dairy, no meat, no chocolate, probably best described as a seafood eating vegan - so this recipe is perfect for us!! And quick and easy.

CRAB LINGUINI (Serves 4)

375g packet Hot Chilli linguini (I use Bellata Gold brand)

2 or 3 cooked crabs, depending on how hungry we are

(I'm going to give the pre-prepared fresh crab meat in the fridge section a go)

1/2 cup extra virgin olive oil

1 finely chopped long red chilli (with or without seeds, depending on how hot you like it)

Finely grated zest of 1 lemon

2 tablespoons chopped fresh Italian parsley

2 tablespoons chopped fresh mint

2 tablespoons lemon juice

Salt and freshly ground pepper

Bring a large pan of salted water to the boil and add the pasta.

Bring back to a boil and cook until al dente. Drain thoroughly and return to the pan.

Add the crab meat.

Very quickly warm the olive oil in a small pan and add the chilli. Cook for just a few seconds and stir in the lemon zest and herbs. Quickly pour the mixture over the pasta, scraping in any bits left in the pan. Add the lemon juice and season with salt and pepper. Toss and serve immediately.

ABSOLUTELY DELICIOUS!