

Rick Stein's Crab Linguine



Serves 4 Prep 5 mins

Cooking 15 mins

Easy

Ingredients

400g dried linguine or spaghetti
3 vine-ripened tomatoes, skinned (see note), deseeded and finely chopped
300g fresh white crabmeat
1 tbsp finely chopped fresh parsley
1½ tbsp lemon juice
50ml extra-virgin olive oil
Pinch dried chilli flakes (optional)
1 garlic clove, finely chopped

1. Cook the pasta in a large pan of boiling, well salted water (± 1 tsp per 600ml) for 7-8 mins or until al dente.
2. Meanwhile, put the chopped tomatoes, crabmeat, parsley, lemon juice, olive oil, chilli flakes and garlic into another pan and warm through over a gentle heat.
3. Drain the pasta, return to the pan with the warmed sauce ingredients, then briefly toss together. Season to taste. Divide among 4 warmed plates & serve immediately.
4. **Note:** To skin the tomatoes cut a small X in their bases, put in a heatproof bowl, pour over freshly boiled water & leave for 1 min. Drain & refresh under cold running water for a min, then carefully pull off the skins.
5. **Rick says:** "There are a number of nuances that need to be explained. 1) it's important the pasta is cooked perfectly al dente. I've suggested a cooking time of 7-8 mins, but I always test pasta by biting it. 2) when I say warm the sauce ingredients through over a gentle heat, I really mean it – the temperature should never get much above 60°C. 3) Don't break up the crabmeat if it's fresh & has been hand-picked, because lumps of crabmeat folded through the pasta look very appetising."