



## LIGHT CHILLI CRAB LINGUINI

### INGREDIENTS

400g linguini (or spaghetti)  
4 tbsp extra-virgin olive oil  
1 red chilli, deseeded and chopped  
2 garlic cloves, finely chopped  
300g fresh white crab meat

Small splash (about 5 tbsp)  
white wine  
300g cherry tomatoes  
Handful basil leaves, drained  
and rinsed

### METHOD

1. Bring a large pan of salted water to the boil.
2. Add the linguini/spaghetti. Give it a good stir and boil for 1 minute less than instructions on the packet. Stir well occasionally to prevent it from sticking.
3. While the pasta cooks, gently heat 3 tbsps of olive oil with the chilli and garlic in a pan large enough to hold all the pasta comfortably.
4. Add the cherry tomatoes and basil leaves and cook very gently until they start to sizzle, then turn up the heat and add the white wine. Simmer until the wine and olive oil come together.
5. When the pasta has had its cooking time, taste a strand – it should have a very slight bite.
6. If it's ready, turn off the heat. Place the sauce on a very low heat and use a pair of kitchen tongs to lift the pasta from the water into the sauce.
7. Off the heat, add the white crab meat to the pasta with a sprinkling of sea salt.
8. Stir everything together really well, adding a drop of pasta water if it starts to split.
9. Serve immediately, twirled into pasta bowls and drizzled with the remaining oil.



30m



SERVES 4



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