

## *Linguini with crab and chilli*

*Serves 2*

*Nutrition per serving*

*485 calories, 16.8g fat, 2.3g sat fat, 55.4g carbs, 4g sugar, 25.9g protein, 2g salt, 4.5g fibre*

### *Ingredients*

*150g dried linguini  
2 tbsp extra virgin olive oil  
2 garlic cloves, crushed  
½ lemon, juiced  
1 lime, juiced  
150g white crab meat  
1 tbsp coriander, finely chopped  
1 red chilli, finely chopped  
2 spring onions, finely chopped  
Sea salt  
Black pepper*



### *Method*

- 1. Bring a large saucepan of water to the boil. Add the linguini and simmer gently for about 12 minutes until tender then drain.*
- 2. Heat the oil in a large, deep-sided frying pan over a medium heat. Add the garlic and cook gently for about 1-2 minutes, careful not to burn. If the garlic starts to colour then turn the heat down.*
- 3. Remove the pan from the hob and stir in the pasta. Add the citrus juices and stir to combine.*
- 4. Add the crab, coriander, chilli and spring onions then combine well.*
- 5. Season well and serve.*