



Spicy Penne With Crabmeat

40 minutes

Hands on

4-6

Portion(s)

2

Difficulty



Ingredients

- 1 fennel bulb, peeled
- 2 clove(s) of garlic, minced
- 1 chili powder
- 1 teaspoon(s) fennel leaves, seeds, lightly beaten
- ginger, peeled and grated
- 400 g cherry tomatoes
- 4 liters water
- 400 g crab meat, peeled
- salt
- pepper
- lemon zest, of 1 lemon
- lemon juice, of 1 lemon
- 1/2 bunch parsley, finely chopped
- 500 g penne

Διατροφικός πίνακας

Nutrition information per portion

| | | | |
|---------------------------|----------------------|------------------------------|----------------------------|
| 381 Calories (kcal) | 3.3 Total Fat (g) | 0.48 Saturated Fat (g) | 69.0 Total Carbs (g) |
| 19% | 5% | 2% | 26% |
| 8.4 Sugars (g) | 15.7 Protein (g) | 5.5 Fibre (g) | 1.2 Sodium (g) |
| 9% | 31% | 22% | 20% |

Method

- Place a pan over medium heat and add 2 tablespoons of olive oil.
- Thinly slice the finocchio on a mandolin.
- Add the finocchio, garlic, chili, fennel and ginger.
- Sauté until they release their aroma and add the cherry tomatoes.
- Turn the heat down to low, cover pan and simmer sauce for 5 minutes.
- In the meantime, place a pot full of 4 liters of salted water over high heat and bring to a boil.
- Add the penne and cook according to the directions on the box.
- When ready, reserve a cup of the pasta water, drain and set aside.
- To the sauce, add the crabmeat, salt and pepper. Simmer for another 2-3 minutes.
- When ready, add the pasta to the sauce and toss. Add some of the reserved pasta water, if necessary.
- Add the lemon zest, parsley.
- Season to taste and serve.

Tip

The crab is a very special ingredient with very gentle taste so to come out this taste should not be overcooked.