



# Spicy Crab Pasta

10'

Hands on

15'

Cook Time

4

Portion(s)

1

Difficulty



## Method

- Place a pot full of salted water over high heat and bring to a boil.
- Add the linguine and boil according to the directions on the package. It should take about 5-6 minutes but make sure they are al dente.
- When ready, remove from heat and drain. Add 1 tablespoon of olive oil so that they don't stick together and set aside.
- Place a nonstick pan over medium heat.
- Add 2 tablespoons of olive oil, chili peppers, ginger, thyme, garlic and sauté.
- Add another tablespoon of olive oil and the crabmeat. Stir and sauté.
- Add the lime juice, grated tomatoes and stir.
- Add the pasta and toss. When all of the liquid evaporates, the pasta is ready.
- Remove from heat and add the coriander.
- Top the spicy crabmeat pasta with a few more thinly sliced chili peppers and lime wedges.
- Drizzle with some olive oil, salt, pepper and serve.

## Ingredients

- 300 g linguine pasta
- ½ yellow chili pepper
- ½ green chili pepper
- 1 red chili pepper
- 1 fresh ginger
- 4 tablespoons olive oil
- 300 g crabmeat
- 2 medium tomatoes, ripe
- 2 cloves of garlic, thinly sliced
- 2 tablespoons fresh thyme, finely chopped
- pepper
- juice from 1 lime
- ½ batch fresh coriander, only the leaves
- olive oil, for drizzling
- lime wedges, for serving
- salt

## Διατροφικός πίνακας

Nutrition information per portion

452 Calories (kcal)	12.0 Total Fat (g)	2.3 Saturated Fat (g)	60.0 Total Carbs (g)
23%	17%	12%	23%
16.0 Sugars (g)	22.0 Protein (g)	7.7 Fibre (g)	1.0 Sodium (g)
18%	44%	31%	17%