

CRAB FETTUCINE

Serves 2

Ingredients

200 g Fettucine
8 oz pack **Aquamar Surimi Real Crab Flakes**
1.5 tsp sea salt
1 tsp ground pepper
3 tbs olive oil
½ tsp red chili flakes
¼ cup red bell pepper, diced
1 crushed garlic clove
1 lemons (zested and juiced)
½ cup White Wine
1 tbs chopped parsley



Instructions

1. Bring a large pot of salted water to a boil and cook the fettucine, al dente. Reserve 1/2 cup of the cooking water, then drain the fettucine.
2. Heat the oil in a large frying pan on low heat
3. Add the diced red bell peppers and red chili flakes and sauté gently for 30 seconds, sprinkle some salt
4. Add the crushed garlic and lemon zest and stirring gently, sauté for a minute
5. Pour in the lemon juice and white wine
6. Now stir in the crab meat and warm through
7. Drain the Fettucine and add to the crab mix in the pan, turn off heat, and toss about to ensure the Fettucine is completely coated
8. Finally, mix in the chopped parsley.

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