

BLUE SWIMMER & PRAWN LINGUINE

A fresh and light seafood dish, perfect for lunch or tea

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This light and fresh pasta dish can be made using just crab meat, or you can add prawns or calamari to boost the amount of meat and flavours. Whatever you choose, it's sure to keep your dinner guests happy!

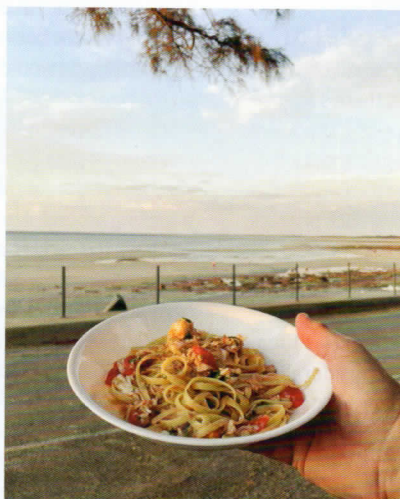
METHOD

Clean and steam blue swimmer crabs and pick the meat from the crabs, until you have around 500 grams of meat.

Cook the linguine pasta for around 10-minutes or until al dente. At the same time, heat a little olive oil in a large pan and add the crushed garlic, stirring for a few minutes. Add white wine and simmer to allow alcohol to burn off, before tossing in cherry tomatoes and some sliced red chilli until the tomatoes are heated through and begin breaking down.

Drain the linguine and add to the pan

with the tomato and garlic mixture. Add to this the crab and diced prawn meat, a good squeeze of lemon juice and the parsley and stir through. Toss everything together until



all of the linguine is coated and the mixture is evenly spread throughout.

Serve hot with some crusty white bread and a crisp South Australian Riesling - enjoy! **FSA**

Ingredients

SERVES 6

- > 500g blue swimmer crab meat
- > ½ cup white wine
- > Lemon juice
- > ½ cup flat leaf parsley chopped
- > 8 SA king prawns peeled and diced
- > 2 punnets of cherry tomatoes halved
- > 3 garlic cloves crushed
- > Sliced red chilli (optional)
- > Olive oil
- > 500g linguine