

Chilli crab angel hair pasta

Prep time:	20 mins	Cook time:	15 mins	Serves:	4 - 6
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Ingredients

Angel hair pasta

750g fresh angel hair pasta, and as we have time constraints could some fresh pasta be brought. Fresh pasta is easy to find from fresh food purveyors or Italian delicatessens.

Chilli crab

180ml extra virgin olive oil
5 cloves of garlic, minced
500g finely diced fresh Roma Tomatoes
6tbs of basil, finely chopped
4 red chillies, de-seeded and finely diced
750g raw blue manna crab meat
300ml pouring cream
Sea salt and pepper (to taste)

Method – Chilli crab

1. Pour olive oil in a large heavy based fry pan.
2. Add garlic, chilli and tomato, cook over medium heat for 1 minute.
3. Increase heat, add cream and bring to the boil then add crab meat, tossing meat so that it cooks evenly.
4. Cook for a further 2 minutes.
5. Place strained angel hair pasta in the same pan as the crab and sprinkle with basil.
6. Season with salt and pepper to taste.

Tips

- Use a pot that's large enough to accommodate the pasta without crowding.
- Use plenty of water.
- Add salt to the water.
- Bring the water to a full, rolling boil before adding the pasta
- Keep the heat up and get it back to a boil quickly.
- Stir the pasta two or three times throughout the cooking process.
- Cook the pasta to 'al dente'.
- Never rinse pasta.

Equipment

- Mixing bowl
- Fine sieve
- Tea towel
- Cling wrap
- Pasta maker
- Angel hair cutter attachment
- 10L boiling pot
- Pasta strainer
- Heavy based fry pan
- 4 deep pasta plates