

Crab and Mussel Linguine (Serves 4)

INGREDIENTS

- 400g linguine
- 1 large onion, chopped finely
- 1 kg of mussels (or a mixture of mussels and clams)
- 300g crab meat
- 2 brown anchovy fillets, finely chopped (optional)
- Generous splash of olive oil
- 2 red chillies
- 1 teaspoon of fennel seeds, crushed (optional)
- 2 large cloves of garlic, chopped finely
- Large glass of dry white wine
- Juice and zest of a lemon (plus extra wedges to garnish)
- 300g vine cherry tomatoes, halved
- Knob of butter
- Small bunch of flat leaf parsley or basil, chopped finely
- Sea salt and freshly ground black pepper

METHOD

1. Prepare the mussels by soaking them in cold water, with a handful of porridge oats. If necessary, give them a scrub and pull off any beards. Discard any that are open.
2. In a large stock pot, bring water to a vigorous boil. Add salt and a splash of oil and throw in the linguine. Stir immediately to ensure the pasta doesn't stick together. Cook for around 8 minutes or according to the cooking guidelines on the packet. The pasta should be cooked until it is 'al dente'.
3. Meanwhile, in chefs pan or similar, add a splash of olive oil and knob of butter. Add the chopped onion and gently soften for a few minutes, then add the finely chopped garlic, chilli, anchovies and crushed fennel seeds. Fry gently for another two minutes.
4. Add a large glass of white wine and allow the alcohol to cook off for a minute or so, before adding the tomatoes and mussels and covering with the lid. After four minutes or so, the mussels should have opened. Discard any that haven't. Stir in the crab, then add the lemon zest and squeeze in half the lemon juice, a generous handful of chopped fresh parsley and season. Taste, and if required, add more lemon juice and adjust the seasoning. Remove from the heat.
5. Mix most of the seafood through the pasta, retaining some for the top. Sprinkle with a few extra sprigs of parsley, garnish with extra lemon wedges and serve immediately!
6. Enjoy with a rocket salad and garlic bread!

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