



Crab pasta with kale

Crab pasta with kale is a comforting yet light meal with a combination of refreshing and lively flavours. The aromatic coriander, fresh lime and chilli lift the softer flavours of the pasta, crab and avocado, Delicious flavours all tied together with a garlic and vermouth sauce.

What's more, it's quick and easy to prepare and packs a good nutritional punch too!

Ingredients: Serves 4

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| 1 tbsp coconut oil | 150g sweet corn nibs, drained |
| 2 red onions, chopped | Juice of ½ lime |
| 2 cloves garlic, chopped | 2 tbsp fresh coriander, chopped |
| 1 cup dry vermouth | 2 avocados, skinned and chopped chunky |
| 2 tbsp tomato puree | Pinch chilli flakes |
| 30 g anchovies, drained | 2 tbsp parmesan, freshly grated |
| 250g white crab meat | Salt and black pepper to taste |
| 4 large handfuls black kale, rinsed and chopped | Fettucine pasta, cooked according to packet instructions |

Method:

In a frying pan, melt the coconut oil. Add the onions and fry for a couple of minutes, then add the garlic. On a low heat fry for a further 5 minutes. Add the vermouth and turn up the heat to medium. Cook until the vermouth has reduced by 70%.

In the meantime, bring a pan of water to the boil for the pasta. Cook the pasta according to packet instructions.

Once the vermouth has reduced sufficiently, add the anchovies to the frying pan and let them melt. Add the tomato puree, sweet corn, lime juice, coriander and crab and stir to combine.

Set the crab pan aside while you steam the black kale. Steam the kale for approximately 7 minutes. Drain the pasta, combine with the kale and top with the contents of the crab pan. Finish off by scattering the avocado chunks over the top with a grating of fresh parmesan, salt and black pepper.