**CHILI CRAB & SQUID INK LINGUINI**

**100g SQUID INK LINGUINI**

**80g TOMATO SUGO**

**10g OLIVE OIL**

**10 g GARLIC**

**15 g SOFRITO**

**60 g CHERRY TOMATOES**

**3g DRY CHILI SLICED**

**5g ITALIAN PARSLEY**

**60 g CRAB MEAT CHUNKS**

**5g GARLIC CHIPS**

**10g PARMESAN CHEESE**

**½ lemon bbq**

* In a saute pan, saute the garlic, cherry tomato & dried chilis with olive oil
* Add the tomato sugo and garlic oil
* Once the spaghetti is cooked (about 2 minutes) add to the pan and emulsify
* Add 30g crab meat inside the pasta along with the parsley
* Plate the spaghetti first with all of the tomato sauce covering
* Garnish with 30g remaining crab meat & garlic chips

**GARLIC OIL**

**100 g garlic roughly chopped**

**1 kg olive oil**

**SOFRITO**

**100 g shallot finely diced**

**30 g garlic finely chopped**

**50 g leeks finely diced**

**100 g olive oil**

**TOMATO SUGO**

**3.15g tomato in tin**

**100g garlic chopped**

**200g olive oil**

**salt and pepper**