

**MORE THAN  
—A—  
MOUTHFUL**



## *Arrabbiata Mild Chilli Sauce, with a hint of home grown chillies*

**Contains only Natural Ingredients:**

Tomatoes, onion, olives, olive oil, stock,  
lemon juice, basil, garlic, salt, pepper  
Gluten Free ~ Vegan

## *Blue Swimmer Crab Pasta*

**Ingredients**

3 blue swimmer, sand or velvet crabs  
3 Tblsps olive oil  
3 crushed garlic cloves  
3 Tblsps dry wine  
A 500ml jar basil or arrabbiata pasta sauce  
salt/pepper  
Italian parsley and coriander

**Method**

Boil 3 blue swimmer, sand or velvet crabs for 3 minutes.  
Drain and clean crabs by breaking off legs and removing  
their inedible parts including gill/lungs. Cut body into  
quarters. Partially crush larger legs to allow juices to  
interchange whilst cooking.

**Method continued**

In a large deep frypan on medium-high heat, heat 3 tblsp of  
good olive oil and fry 3 crushed garlic cloves for 2 minutes.  
Add crabs and cook a further 2-3 minutes.  
Add 3 tblsps dry white wine. Cook 2-3 minutes. At this point  
you can put the water on for the pasta and then cook pasta  
whilst continuing to make the sauce. Add a jar of the More  
Than a Mouthful tomato and basil or Arrabbiata sauce.  
Simmer for 15-20 minutes. For the final 2 minutes of  
cooking season with salt and pepper, add a good handful  
each of chopped Italian parsley and optional coriander.  
Remove crabs. Add sauce to pasta and mix well. Serve crab  
on top of the pasta. Serve with a rocket and parmesan  
salad. Wash down with a chilled sauvignon blanc.



*Once you have a taste, you'll be asking for more!*

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*An Italian family tradition that keeps on feeding*