

DINNER

Linguine with Radicchio, Garlic and Crab

12 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
35 min	10 min	25 min	4	\$2.96	721 kcal

If you have approximately 35 minutes to spend in the kitchen, Linguine with Radicchio, Garlic and Crab might be a spectacular pescatarian recipe to try. This recipe serves 4 and costs \$2.96 per serving. This main course has 721 calories, 27g of protein, and 22g of fat per serving.

Ingredients

☐ 2 tablespoons butter	☐ ½ pound fresh crab meat
☐ 1 cup dry white wine	☐ 4 tablespoons extra virgin olive oil
☐ 4 coves garlic, thinly sliced	☐ 1 pound linguine
☐ ½ head radicchio, shredded	☐ 1 teaspoon red chili flakes
☐ 2 scallions, thinly sliced	☐ 3 shallots, finely chopped

EQUIPMENT Bowl, Frying pan

Method

- 1 Bring 6 quarts water to boil and add 2 tablespoons salt.
- 2 In a 12 to 14-inch saute pan, heat oil until smoking.
- 3 Add shallots, garlic and chilies and saute until golden brown, about 4 to 5 minutes.

- 4 Add wine, bring to a boil, add butter and remove from heat. Cook pasta according to package instructions until just al dente and drain.
- 5 Add to pan with wine mixture and return pan to heat.
- 6 Add crab, radicchio and scallion and toss until radicchio is wilted, about 1 minute.
- 7 Pour into warm serving bowl and serve.

Nutrition per serving

721	27 g	22 g	93 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			5.9 g · 37% of daily needs
Fibre			4.9 g · 20% of daily needs
Sugar			5.5 g · 6% of daily needs
Sodium			549 mg · 24% of daily needs
Cholesterol			38.9 mg · 13% of daily needs
Vitamin C			10.3 mg · 13% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/linguine-with-radicchio-garlic-and-crab-142174