



Creamy Avocado Pesto Pasta with King Crab or Shrimp

Gluten Free, Dairy Free

Recipe serves 4.

INGREDIENTS

For the Creamy Avocado Pesto sauce (makes about 1 ¾ - 2 cup of sauce):

2 large ripe avocados

½ C fresh basil leaves

2 garlic cloves, minced

2 tbsp pine nuts

2 tbsp fresh lemon juice (zest the lemon first and hang onto the zest for serving, if you like)

2 tbsp extra virgin olive oil

2 tbsp water

½ tsp fine sea salt, more or less to taste

For the dish:

400g spaghetti, gluten-free or regular

340g (12oz) of cooked [King crabmeat](#), thawed OR 340g of shrimp, thawed and peeled/deveined

Pasta water to thin to desired consistency

For serving:

3 tbsp toasted pine nuts

Zest from lemon, above

Dried pepper flakes



Fresh black pepper and additional salt to taste

Fresh basil leaves to garnish

METHOD

1. Bring a large pot of pasta water to boil. If making shrimp version, heat a pan over medium heat (not required if making King crab version).
2. Meanwhile, place all ingredients for the creamy avocado pesto sauce into a blender. Blend until smooth. Pour into a vessel large enough for tossing with the pasta when it is ready.
3. [STEP FOR SHRIMP VERSION]: Pan fry the shrimp until just cooked through and no longer opaque, about 1-2 minutes per side should do it. Season with a bit of salt and set aside.
4. Cook pasta according to package directions for al dente. Without pouring away the pasta water (keep it on simmer), use tongs to bring the hot pasta into the vessel holding the creamy avocado pesto sauce. Toss around until the pasta is well coated with the sauce. Add splashes of hot pasta water as needed to thin out to your desired consistency.
5. [STEP FOR CRABMEAT VERSION]: quick-blanch the king crabmeat chunks in the simmering pasta water until heated through, about a minute not long since it is already cooked.
6. Add the crab OR shrimp to the pasta now and give everything a gentle, final toss. Divide among plates and serve with sprinkles of toasted pine nuts, lemon zest, dried red pepper flakes for some heat and definitely loads of fresh cracked black pepper. Garnish with fresh basil leaves.

Enjoy! xx