

Uni Pasta

20 min
CA
OR
WA
4

Ingredients

2 tbsp. extra virgin olive oil
1-2 cloves of garlic, crushed
Pinch of chili pepper
3/4 lb. spaghetti or linguine
1 sea urchin (the word 'uni' refers to the roe or eggs inside of the urchin which is what is most often eaten)
Pinch of salt
2 tbsp. parsley, minced

In a pot, bring water to a boil.
Heat olive oil in a pan and sauté garlic with chili pepper until light golden color.
Place pasta in pot and cook according to package directions.
As pasta is cooking, mix uni with garlic mixture and sauté for 7-8 minutes, adding salt to taste.
Drain the pasta and mix well with uni-garlic mixture.
Sprinkle with parsley and serve immediately.

Recipe from Pacific Urchin Harvesters Association

Species Group
Sea Urchins, Sea Cucumber