

# Spaghetti Aglio e Olio

4 servings • Category: Dinner • Generated by Nutrifax

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## Ingredients

- 4 x 85 g Pasta (spaghetti, enriched, dry)
- 3/8 cup Vegetable oil (olive)
- 8 clove Garlic (raw)
- 2 g Spices (pepper, red or cayenne)
- 4 x 15 g Cheese (parmesan, hard)
- 15 g Parsley (fresh)
- 1/2 tsp Salt (table)

## Instructions

1. Bring a large pot of salted water to a boil. Cook the spaghetti according to package directions until al dente. Reserve 250ml of pasta water before draining.
2. While the pasta cooks, thinly slice the garlic cloves. You want thin, even slices, not minced.
3. Heat the olive oil in a large skillet over medium-low heat. Add the sliced garlic and red pepper flakes. Cook slowly for 3-4 minutes, stirring occasionally, until the garlic is golden but not brown.
4. Add the drained spaghetti directly to the skillet. Toss with the garlic oil, adding pasta water a few tablespoons at a time to create a silky sauce that coats the pasta.
5. Remove from heat. Add the grated Parmesan and chopped fresh parsley, tossing to combine.
6. Season with salt to taste and serve immediately.