

Pasta Aglio, Olio e Peperoncino

Garlic, extra virgin olive oil, chilli and parsley are all that's needed for this simple and tasty classic Italian "sauce". The oil is cooked with garlic and chilli before adding the pasta and a splash of pasta water- it really is that easy! Give it a go when you're short on time, short on ingredients or just craving something comforting! If you don't like a lot of heat, add less chilli or skip it altogether!

INGREDIENTS

- 300g of dried spaghetti or linguine
- 150ml extra virgin olive oil
- 4 garlic cloves, thinly sliced
- Handful of fresh parsley, finely chopped
- 2-3 red chillies, deseeded and finely chopped or 1 tbsp chilli flakes
- Salt

NOTES

Extra virgin olive oil is a monounsaturated fat known for having heart-protective properties. Swapping saturated fats for unsaturated fats is a great way to eat a little healthier.



Serves 4



Cost per serving: £0.45



Time to make: 10 mins



METHOD

1. Slice your garlic and chillies (if using) and finely chop your parsley- set aside.
2. Boil your pasta for approx. 8 mins until "al dente" (still has a bite to it) and drain, reserving a cup of starchy pasta water.
3. While the pasta is cooking, heat the oil, garlic and chilli in a pan over a medium heat and cook until garlic is translucent (2-3mins) - be careful the garlic doesn't burn!
4. Mix in the parsley and turn off the heat, allowing the oil to cool a little.
5. Add some of the starchy pasta water to your olive oil mix over a medium heat until it thickens.
6. Add your pasta and stir well to finish cooking the pasta and coat it in the "sauce" -add more pasta water if it seems dry.
7. Season with salt and serve!

Contains: Gluten



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