

Classic Spaghetti Aglio e Olio

A simple yet flavorful Italian pasta dish featuring spaghetti tossed in garlic-infused olive oil, red chili flakes, and fresh parsley. Perfect for a quick and satisfying meal.



Italian

15 min

Total time

Easy

Difficulty

450

kcal / serving

Ingredients

- 100g spaghetti
- 2 cloves garlic, thinly sliced
- 3 tbsp extra virgin olive oil
- 1/4 tsp red chili flakes
- Salt, to taste
- Fresh parsley, chopped (1 tbsp)
- Grated Parmesan cheese (optional, 1 tbsp)

Steps

- 1 Bring a pot of salted water to a boil and cook the spaghetti until al dente, about 8 minutes.
- 2 While the pasta cooks, heat olive oil in a pan over medium heat.
- 3 Add the sliced garlic and red chili flakes to the oil, sauté gently until garlic is golden but not burnt.
- 4 Drain the spaghetti, reserving a little pasta water.
- 5 Toss the spaghetti in the garlic chili oil, adding a splash of reserved pasta water to loosen the sauce.
- 6 Stir in chopped parsley and season with salt.
- 7 Serve hot, topped with grated Parmesan if desired.