

Creamy Garlic Milk Pasta


20 min

Total time

easy

Difficulty

450

kcal / serving

Ingredients

- ☐ 100g pasta of your choice
- ☐ 1 cup milk
- ☐ 1 clove garlic, minced
- ☐ 1 tablespoon olive oil
- ☐ Salt and pepper to taste
- ☐ 1 tablespoon fresh parsley, chopped
- ☐ Parmesan cheese, grated (optional)

A delightful and creamy pasta dish infused with garlic and a hint of parsley, perfect for a quick yet satisfying meal. This recipe features milk as the star ingredient, creating a luscious sauce that envelops the pasta beautifully.

Main Dish

Steps

- 1** Cook the pasta according to package instructions until al dente. Drain and set aside.
- 2** In a saucepan, heat olive oil over medium heat. Add minced garlic and sauté until fragrant, about 1 minute.
- 3** Pour in the milk and bring to a gentle simmer, stirring occasionally.
- 4** Add cooked pasta to the saucepan and mix well to coat the pasta in the creamy garlic sauce.
- 5** Season with salt, pepper, and chopped parsley. Stir to combine.
- 6** Serve hot, topped with grated Parmesan cheese if desired.