

Agllo E Olio

Ingredients

1 T Salt (plus 1 teaspoon)
7 oz Spaghetti (or 200 grams)
1/3 c Olive Oil
4 clv Garlic (thinly sliced)
1/4 t Red Pepper Flakes
1 c Parsley (chopped)
1/4 t Ground Black Pepper

Instructions

1. Bring 7 1/2 cups of water to a boil. Once boiling add 1 tablespoon of salt and then cook your pasta for 5 minutes.
2. Meanwhile, add the olive oil and garlic in a large cold skillet then bring up to a gentle sizzle over a low-medium heat. The garlic should not color at all so turn the heat down if you need.
3. When it has been sizzling for 1 - 2 minutes add the red pepper flakes and mix well. Add 1/2 cup of the pasta water and really incorporate it with a whisk. Whisk with your right hand and give the pan a good shake with your left.
4. Turn your heat up to medium if you need to get it simmering nicely. Add the cooked pasta directly from the pot and toss over and over to coat and

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thicken up.

5. Let it gently bubble away together for 1 - 2 minutes. Add more pasta water, if needed. Add 1 teaspoon salt and pepper then mix well. Toss the parsley in right before serving and serve!